



# HELLO!

## A Counting Book of Kindnesses

by Hollis Kurman and Barroux

Fun activities for home  
and school



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## Your turn!

### How many ways can you think of to be kind?

Ask children to think of ways they can show kindness in different situations (or give examples from their own lives: instances where they have been kind or acts of kindness they have observed, admired, or been grateful for). This activity can start with an open question and/or follow prompts such as:

#### By place

- 🌀 Kindness at HOME
- 🌀 Kindness at SCHOOL or DAY CARE
- 🌀 Kindness when on a TRIP

#### By relationship

- 🌀 Kindness for FAMILY (parents, brothers or sisters, grandparents...)
- 🌀 Kindness for FRIENDS or CLASSMATES
- 🌀 Kindness for PETS or OTHER ANIMALS
- 🌀 Kindness for PEOPLE YOU DON'T KNOW



## By situation

- ⑥ Kindness for people WHO NEED HELP
- ⑥ Kindness for people WHO ARE AFRAID
- ⑥ Kindness for REFUGEES or other PEOPLE LESS FORTUNATE THAN YOU

## By type/act of kindness

- ⑥ Listen
- ⑥ Make people feel welcome / at home
- ⑥ Speak up / Say something kind / make people feel good about themselves
- ⑥ Comfort / help / defend
- ⑥ Give



## Why would someone need to leave home?

- ⑥ What are some reasons that a place could get so scary that you and your family would have to leave and find a safe new home?
- ⑥ Imagine a scary situation that would make you want to leave/find a safer place. Can you make a drawing of that scary situation?
- ⑥ Tell a story about when you felt very afraid – and what (and who) made you feel better.

## What would you take along?

What would you bring if you suddenly had to leave home and everything needed to fit in a backpack?

- ⑥ Something to wear?
- ⑥ Something to eat or drink?
- ⑥ Something to play with?
- ⑥ Something to cuddle?
- ⑥ Something to read?
- ⑥ Something to remind you of home?

Can you draw a picture of your backpack with some of these items in it?

(Or: You could ask the children to pack a real backpack at home with things they'd bring along. They can bring the backpacks to class to present, compare and discuss.)



## Refugees Welcome!

Create a Welcome Box for newly arrived refugee children.

What will you put in the box?

Which things might these children need or enjoy having?

Think about what you would need/want if you had just arrived in a new place where nothing is familiar. Decorate the box in a cheerful, welcoming way.

Can you also make a welcome card?



## Counting Countries

Organise a group activity/game where children are asked to see how many countries they can name or come up with.

The 'team' who gets to 5 countries first, wins. Some adult support or team 'coaching' would be helpful. Teams could then follow up by looking together at a map or globe, or on the internet, to find out more information about these countries (e.g., where they are located, what languages are spoken there, what kind of climate they have, typical foods...) and share with the rest of the class.



## Counting & Culture – Can you count to 10 in more than one language?

If not, do you know anyone, perhaps a family member, friend or neighbour, who speaks another language and who could help you count from 1 to 10 in his/her language? Can you write and pronounce these numbers? What feels the same or different about counting in these different languages?

There are also many internet sites that can help; for example:

<https://www.youtube.com/watch?v=fmBjrLSec2s>

<https://www.youtube.com/watch?v=3acA8b82MRY>

<https://www.youtube.com/watch?v=FTpbJ7vAT2Q>

[https://www.youtube.com/watch?v=XCp\\_1eTPnrM](https://www.youtube.com/watch?v=XCp_1eTPnrM)