

# Seeds of Kindness

## Growing a Special Garden

Siggy needs our help to make his garden grow.  
We'll plant seeds of kindness everywhere we go.  
Then we'll watch the bullying shrivel and stop  
As we sow our strong and loving crop.

Here are a few seeds of kindness that you can sow right away. Choose one and plant it today!

- Say something nice to three people that you meet today.
- Let someone else go ahead of you in line.
- Listen quietly to a friend who wants to talk.
- Invite someone who is standing alone to join you and your friends.
- Say “I know you can do it. Keep trying. Say this to a friend who is having a hard time.
- Say good morning or good afternoon to all your teachers.
- Give your nicest smile to someone who doesn't have one. Don't worry if he or she doesn't return it.
- Ask your mother to let you help her with a tough job around the house.
- Say a kind word to someone who looks sad.
- Kiss your mom.
- Hug your dad.
- Pick up something that's been knocked from a shelf and put it back, even though it's not your fault.

Ask your mom to help you visit my blog at [www.blanchedudley.com](http://www.blanchedudley.com) and share your own special seeds of kindness. Siggy would love to hear what you are doing.  
And so would I!



## Starting Your Own Special Garden

Make a list of five ways you can be kind to someone who needs a helping hand or a friendly voice. Remember to sow a few seeds of kindness regularly. You will be creating a garden of compassion and happiness.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Ask your mom to help you visit my blog at [www.blanchedudley.com](http://www.blanchedudley.com) and share your own special seeds of kindness. Siggy would love to hear what you are doing. And so would I!



## OUR SPECIAL GARDEN

Sowing Seeds of Kindness



Today I shared my favorite snack with someone who didn't have one.



I let my little brother win the game we were playing. I told him that I was proud of him.



I forgave the girl who was mean to me this morning. I decided to be nice to her anyway.

I held the door open for the boy behind me.

