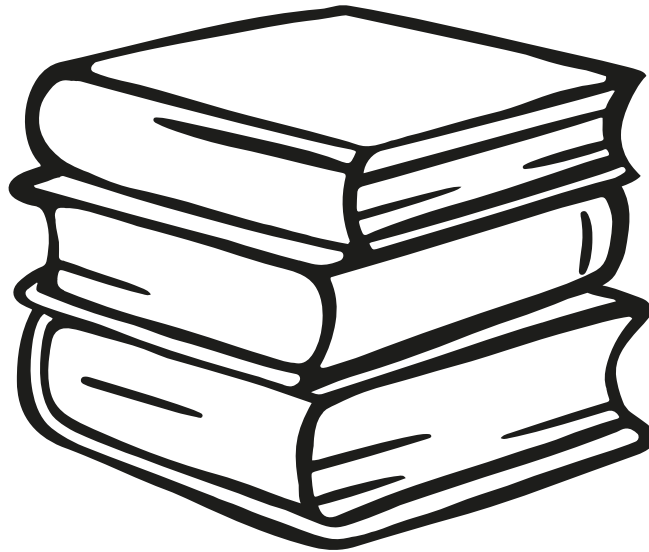


Book of the Month

Preschool

Building Inclusive Classrooms Through
Stories, Leadership, and Connection



Each month, students explore a picture book that encourages kindness, empathy, bravery, and inclusion through meaningful classroom conversations and activities. These resources support Inclusive Youth Leadership and Whole School Engagement by helping students use their voices and actions to create welcoming school communities where everyone belongs.

How To Use This Resource

The Book of the Month resource is designed to help elementary educators use picture books to build inclusion, belonging, and student leadership. Each month includes a featured book, discussion questions, classroom activities, and a whole school engagement idea.

This resource supports Special Olympics Unified Champion Schools®, which brings students with and without intellectual disabilities together to create more inclusive school communities.

Why It Matters

Inclusive schools are built through everyday moments: reading together, talking about kindness, practicing empathy, including others, and giving students chances to lead.

This resource helps students:

- Talk about inclusion in age-appropriate ways
- Practice kindness, empathy, bravery, and teamwork
- See themselves as leaders
- Take action to make their classroom and school more welcoming

The Three Components of Unified Champion Schools®

Unified Sports®

- Students with and without intellectual disabilities play, move, and participate together through inclusive sports, PE, recess, or fitness activities.

Inclusive Youth Leadership

- Students with and without intellectual disabilities lead together by sharing ideas, including others, solving problems, and helping their school become more welcoming.

Whole School Engagement

- The entire school community takes part in activities that promote inclusion, belonging, and respect.

How to Use it Each Month

1. Read the book - Use the featured book as a read-aloud for your class, grade level, or school.
2. Discuss the message - Choose the discussion questions that best fit your students. Use the leadership connections to help students understand how they can be inclusive leaders.
3. Try a classroom activity - Pick one activity to help students practice the theme of the book through movement, creativity, reflection, or teamwork.
4. Share it schoolwide - Use the whole school engagement idea to extend the message beyond one classroom.

Start Small

Read the book, ask a few questions, and choose one activity. The goal is to make inclusion simple, meaningful, and part of the everyday school experience.

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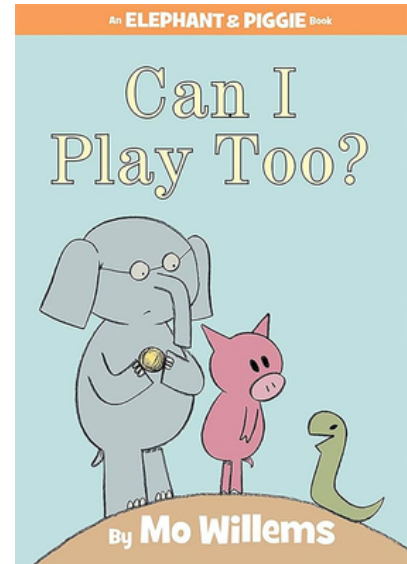


Can I Play Too?

by Mo Willems

In *Can I Play Too?*, Elephant and Piggie are playing catch when Snake asks to join. At first, they are not sure how Snake can play because Snake does not have arms. After trying different ideas, the friends find a creative way to include Snake in the game.

This silly and simple story helps young children think about belonging, kindness, problem-solving, and including others.



Discussion Questions

- Snake asked, “Can I play too?” How do you think Snake felt when he wanted to join the game?
 - Follow-up Prompt: Have you ever wanted to play with someone? What could a friend say to make you feel happy?
 - Leadership Connection: Leaders notice when someone wants to join and help them feel welcome.
- Elephant and Piggie tried to find a way for Snake to play. What did they do that was kind?
 - Follow-up Prompt: What can we say when someone asks to play with us?
 - “Yes, come play!”
 - “You can have a turn.”
 - “Let’s play together.”
 - “We can make room.”
 - Leadership Connection: Leaders are kind and include others in games and activities.
- The friends had to try new ideas. What happened when their first idea did not work?
 - Follow-up Prompt: What can we do when something is tricky?
 - “Try again.”
 - “Ask a friend.”
 - “Think of a new way.”
 - “Keep going.”
 - Leadership Connection: Leaders are problem-solvers. They try new ideas so everyone can be included.



Classroom Activities

"Can I Play Too?" Practice

- Gather students in a circle. Have one child or teacher pretend to be playing with a toy or ball. Another student or stuffed animal asks, "Can I play too?"
- Students practice saying kind responses together:
 - "Yes!"
 - "Come play!"
 - "You can join us!"
 - "Let's take turns!"
- Let children practice with different toys, games, or pretend play situations.
- Discussion:
 - Ask: "How did it feel when someone said yes?"
 - Remind students that leaders help others feel welcome.

Draw Your Favorite Way to Play

- Invite students to draw a picture of themselves playing with a friend. They can draw blocks, balls, dolls, cars, pretend play, playground games, or anything they like.
- After drawing, invite each child to talk about their picture with a teacher or partner.
- Teacher prompts:
 - "Who is playing with you?"
 - "How are you including your friend?"
 - "What could you say if someone else wants to join?"



Whole School Engagement Project

“Everyone Can Play!” Preschool Friendship Display

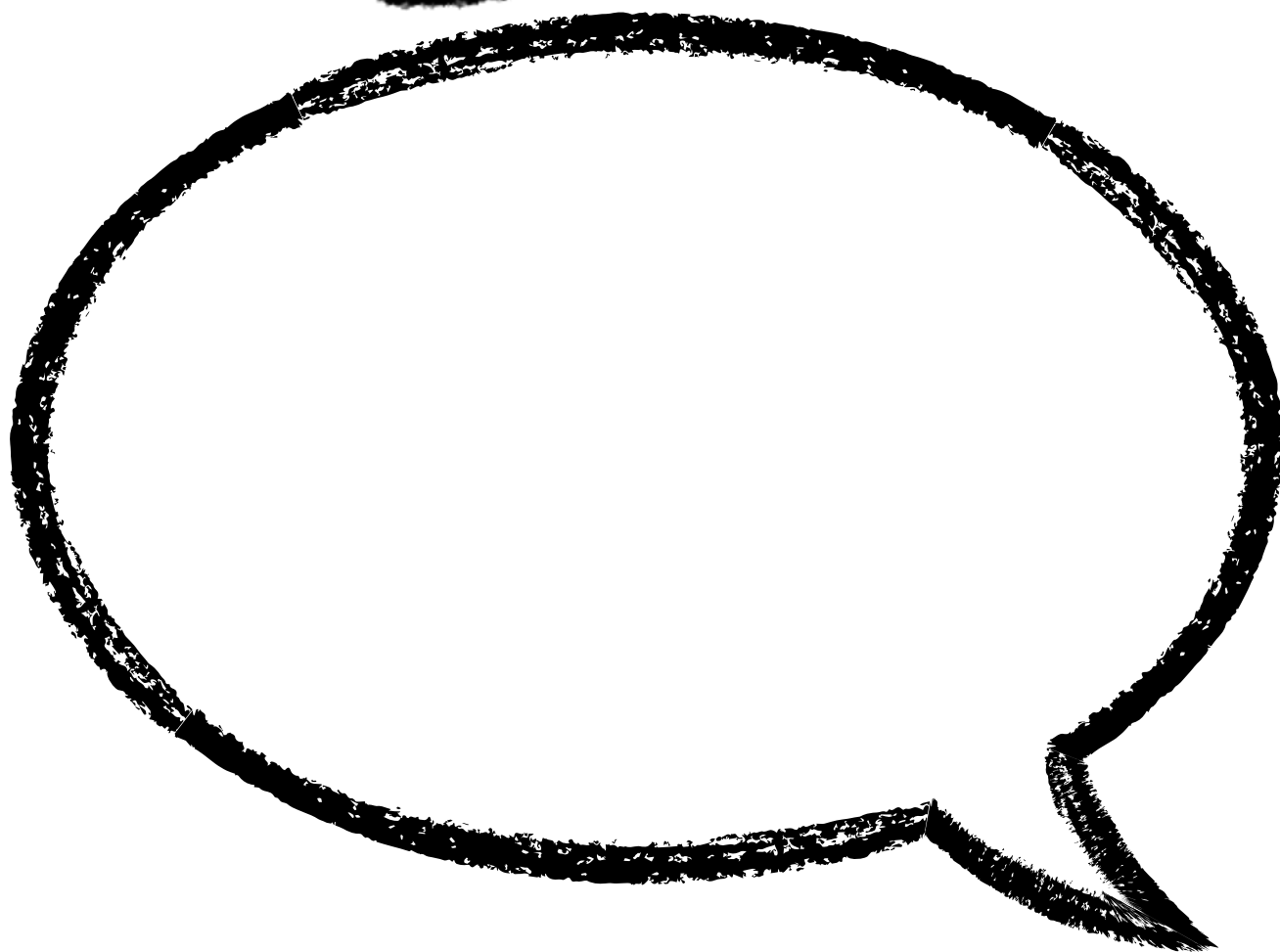
Each class reads *Can I Play Too?* and talks about ways to include others during playtime. Each child decorates a simple ball, toy, or speech bubble cut-out. Since preschoolers are not writing yet, they can draw a picture of themselves playing with others.

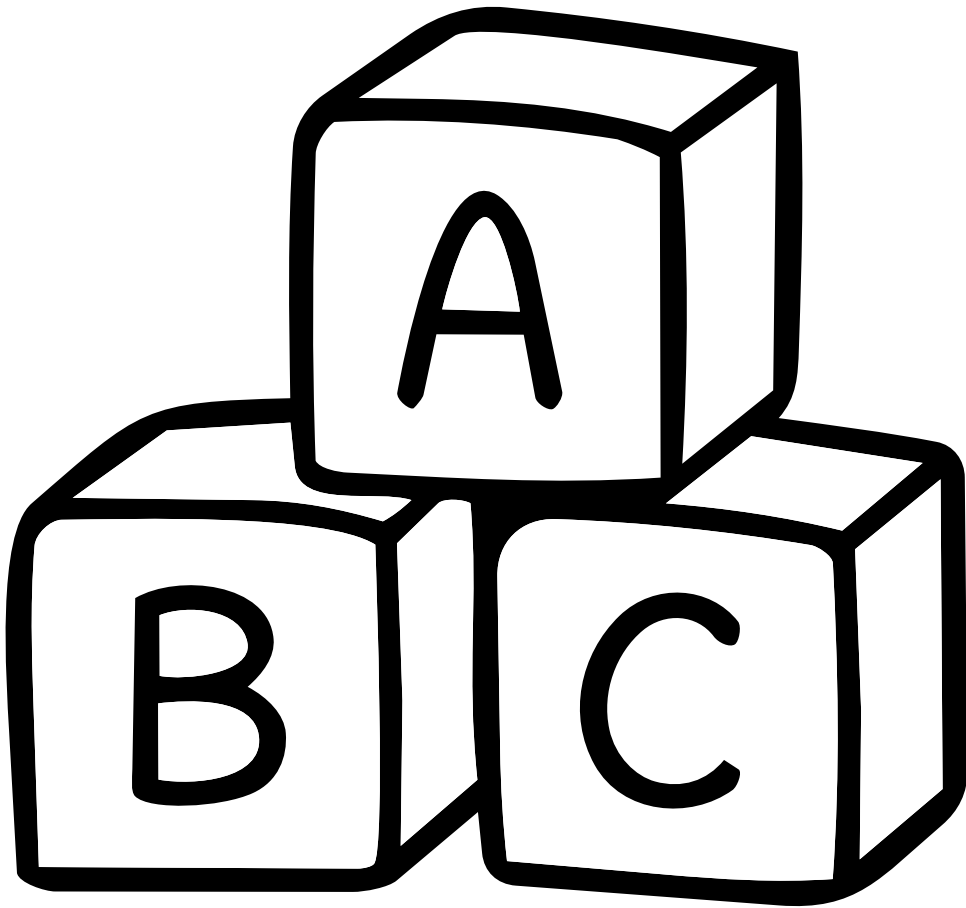
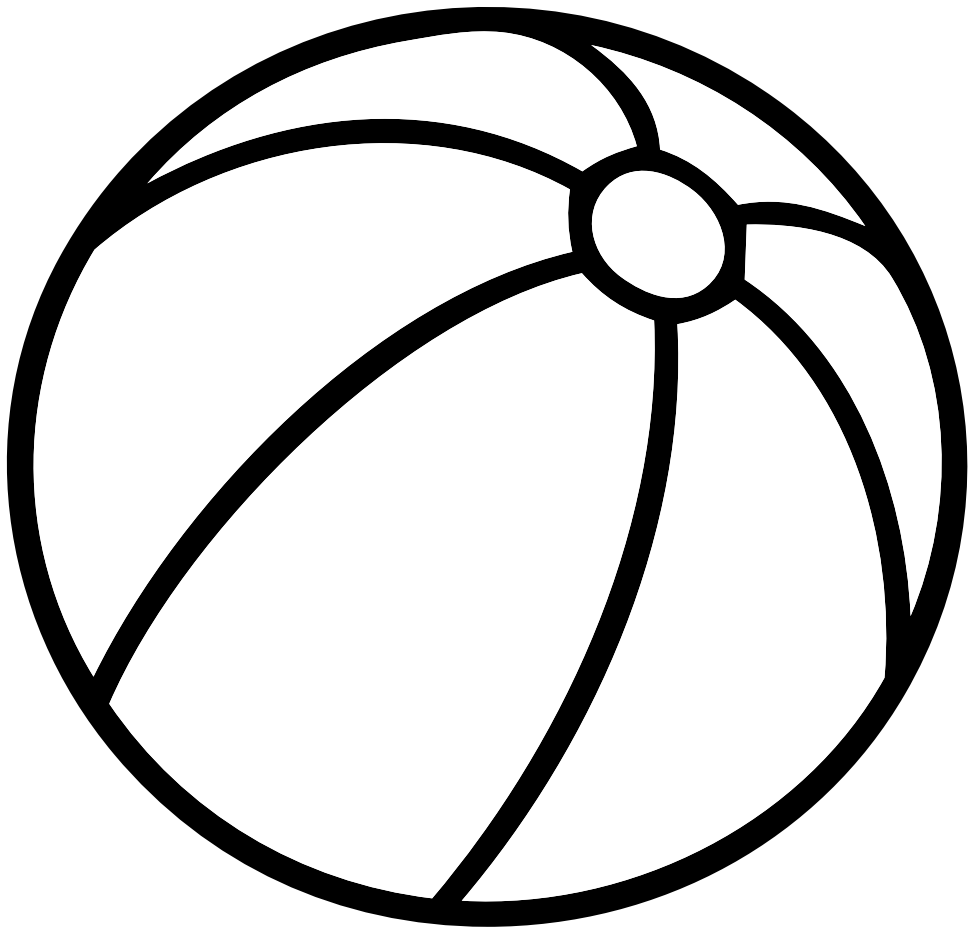
Teachers can write down each child’s words on their cut-out, such as:

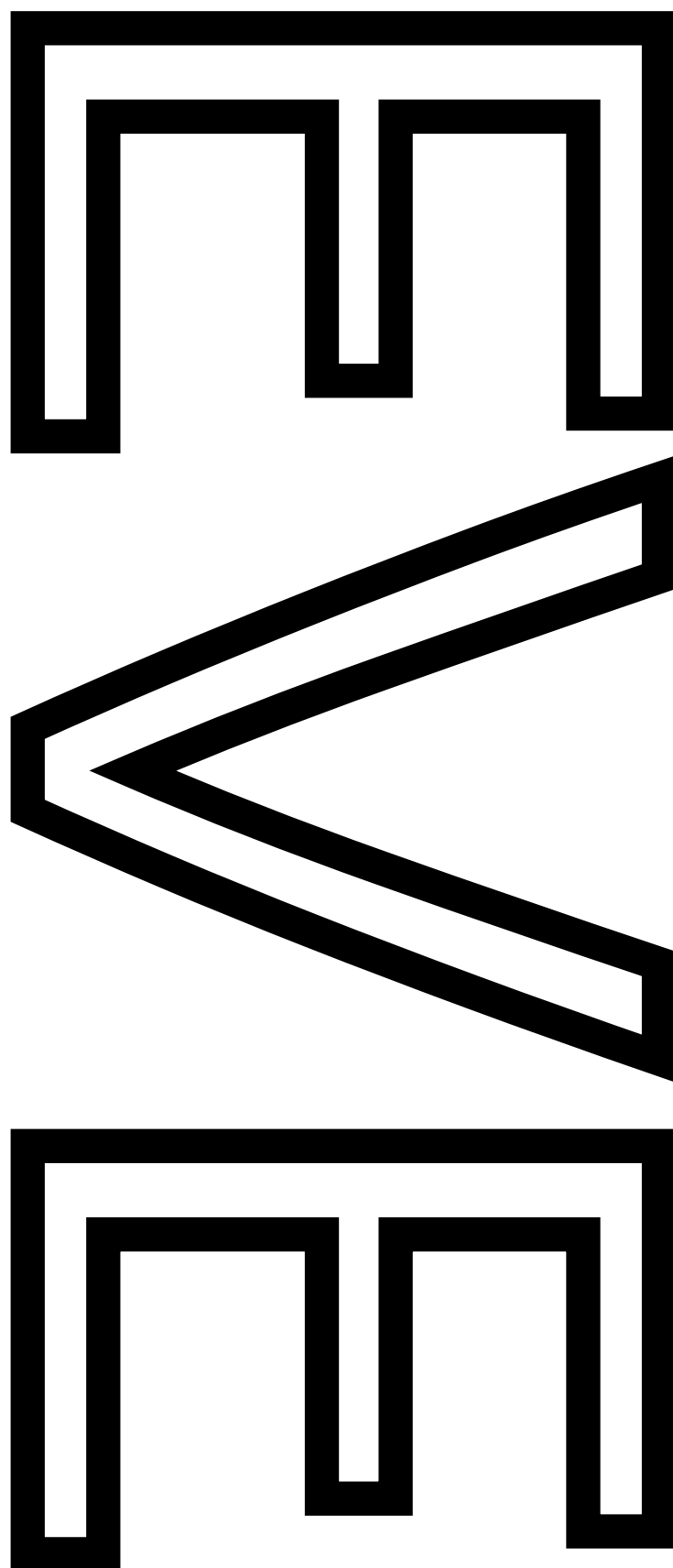
- “Come play!”
- “You can join!”
- “Let’s share.”
- “We can take turns.”
- “Everyone can play!”

Display the cut-outs together in the hallway or classroom with the title: “Everyone Can Play!”

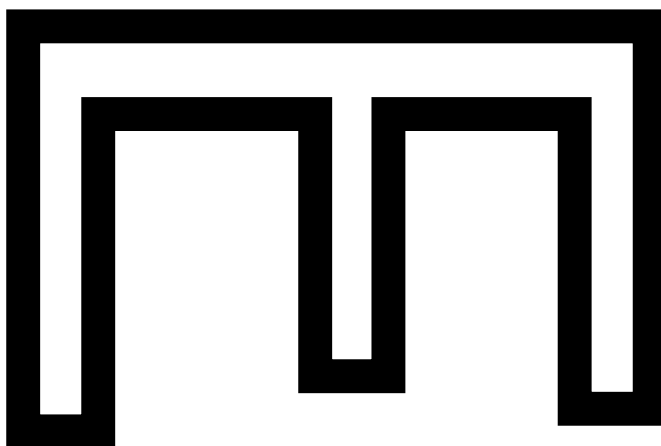
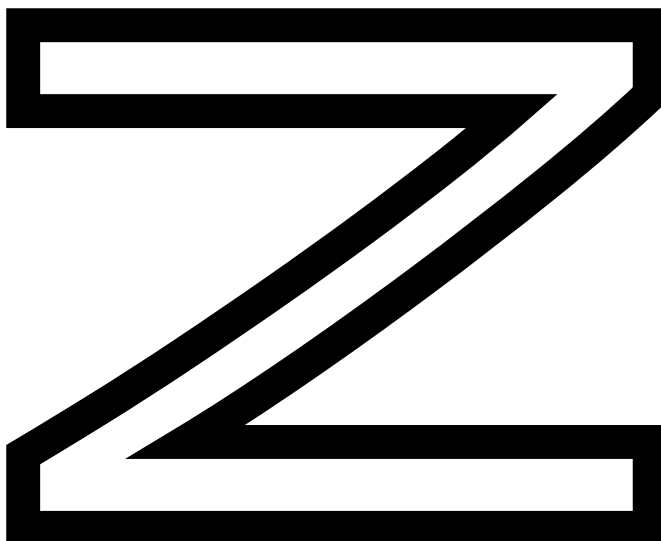
Optional buddy idea: Older students can visit preschool classrooms to read the book, play a simple turn-taking game, and help preschoolers decorate their friendship cut-outs.

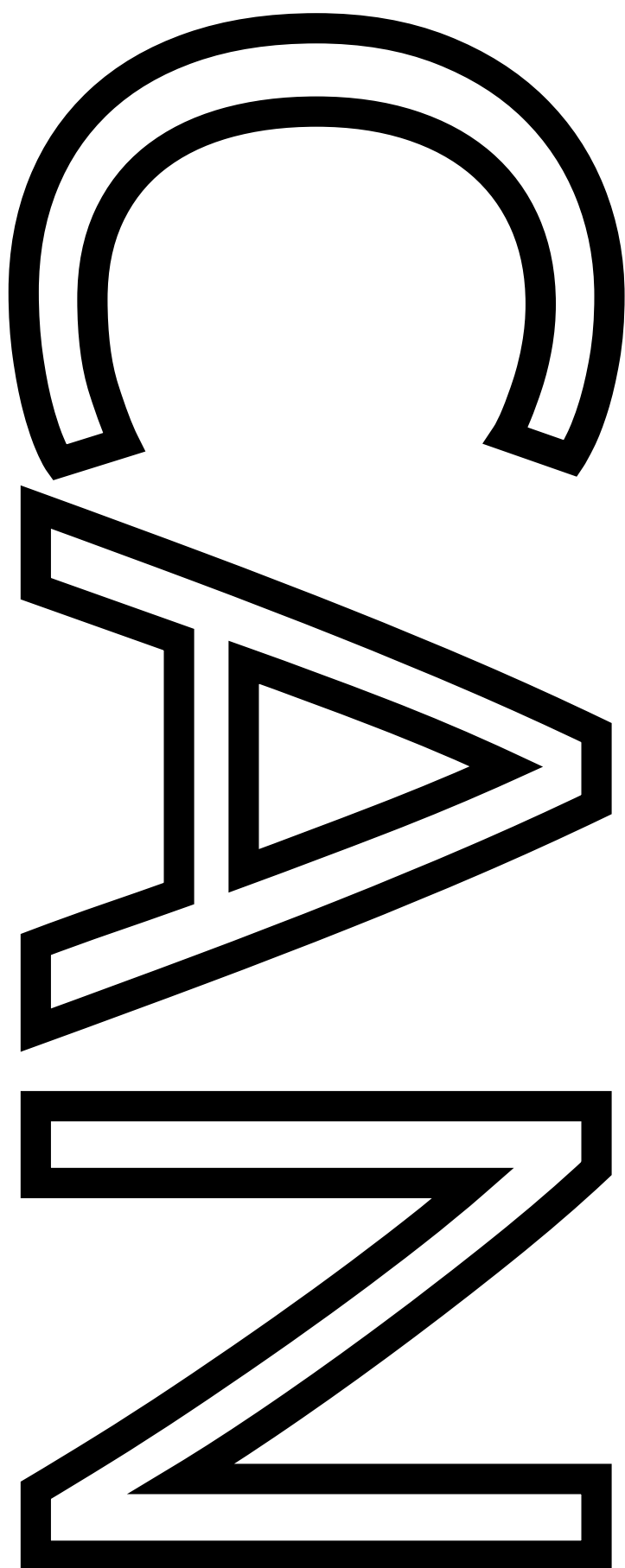


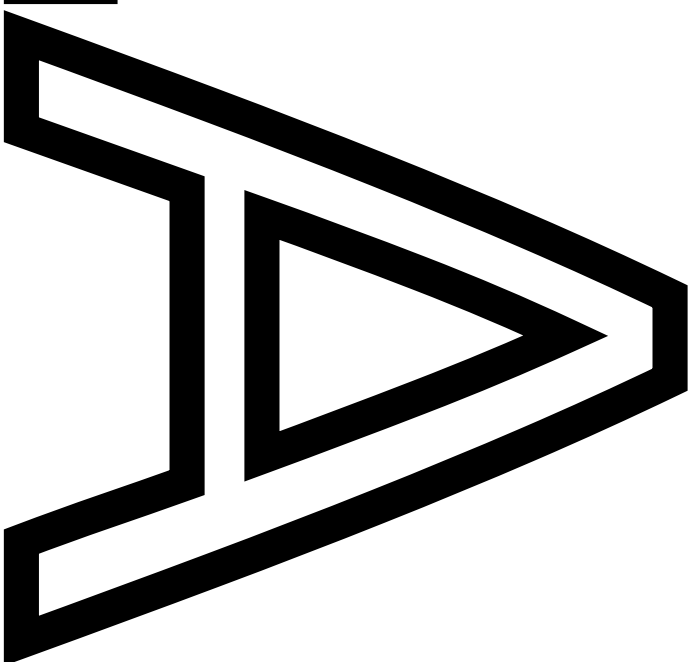
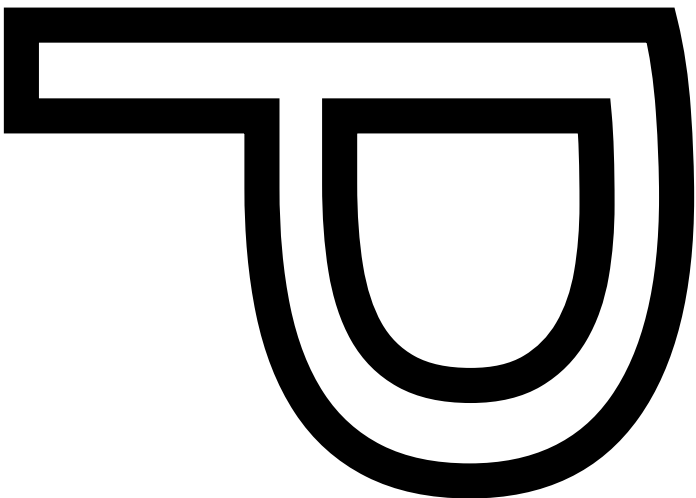


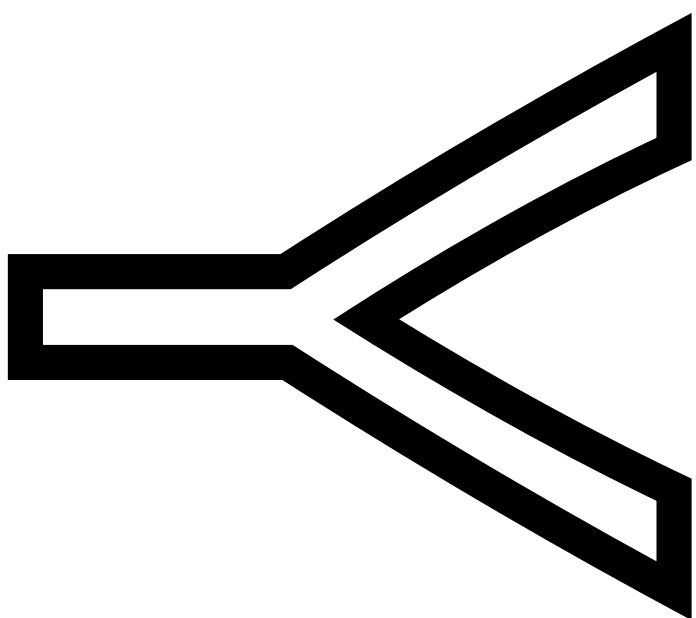


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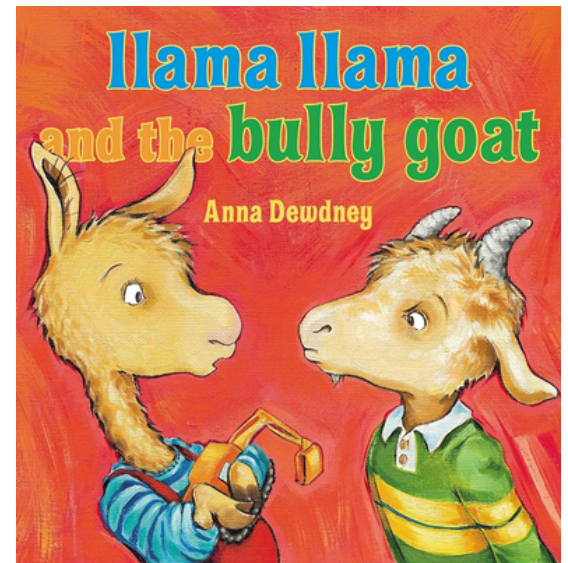
Llama Llama and the Bully Goat

by Anna Dewdney

In Llama Llama and the Bully Goat, Gilroy Goat is not being kind at school. He laughs, calls names, and makes it hard for others to play. Llama Llama and his friends learn that unkind behavior is not okay, and with help from their teacher, Gilroy gets a chance to make a better choice.

This story helps young children think about kindness, empathy, bravery, and safe ways to ask for help.

Discussion Questions



- Gilroy Goat was not being kind. What did he do that hurt his friends' feelings?
 - Follow-up Prompt: How can you tell when a friend feels sad, mad, or left out?
 - "Look at their face."
 - "Listen to their words."
 - "Notice their body."
 - Leadership Connection: Leaders notice when someone wants to join and help them feel welcome.
- What could Llama Llama do when someone was being unkind?
 - Follow-up Prompt: Who can help us what you can do when something feels too hard or unsafe?
 - "Tell a teacher."
 - "Move away."
 - "Ask for help."
 - Leadership Connection: Leaders are brave when they ask a grown-up for help.
- Gilroy Goat had to learn how to play in a kinder way. What can we do to be a kind friend?
 - Follow-up Prompt: What kind words can we use when we play?
 - "Do you want to play?"
 - "You can have a turn."
 - "I'm sorry."
 - "Are you okay?"
 - Leadership Connection: Leaders are problem-solvers. They try new ideas so everyone can be included.



Classroom Activities

Kind Words, Hurtful Words

- Gather students in a circle. Draw or print a picture of a happy face and a sad face. Say a simple phrase and have students point to or move toward the happy face if it is kind, or the sad face if it could hurt someone's feelings.
- Examples:
 - "Come play with me."
 - "You can't play."
 - "You can play with me."
 - "I like your picture."
 - "That's ugly."
 - "Are you okay?"
 - "Move away from me."
 - "Let's take turns."
 - "I'm sorry."

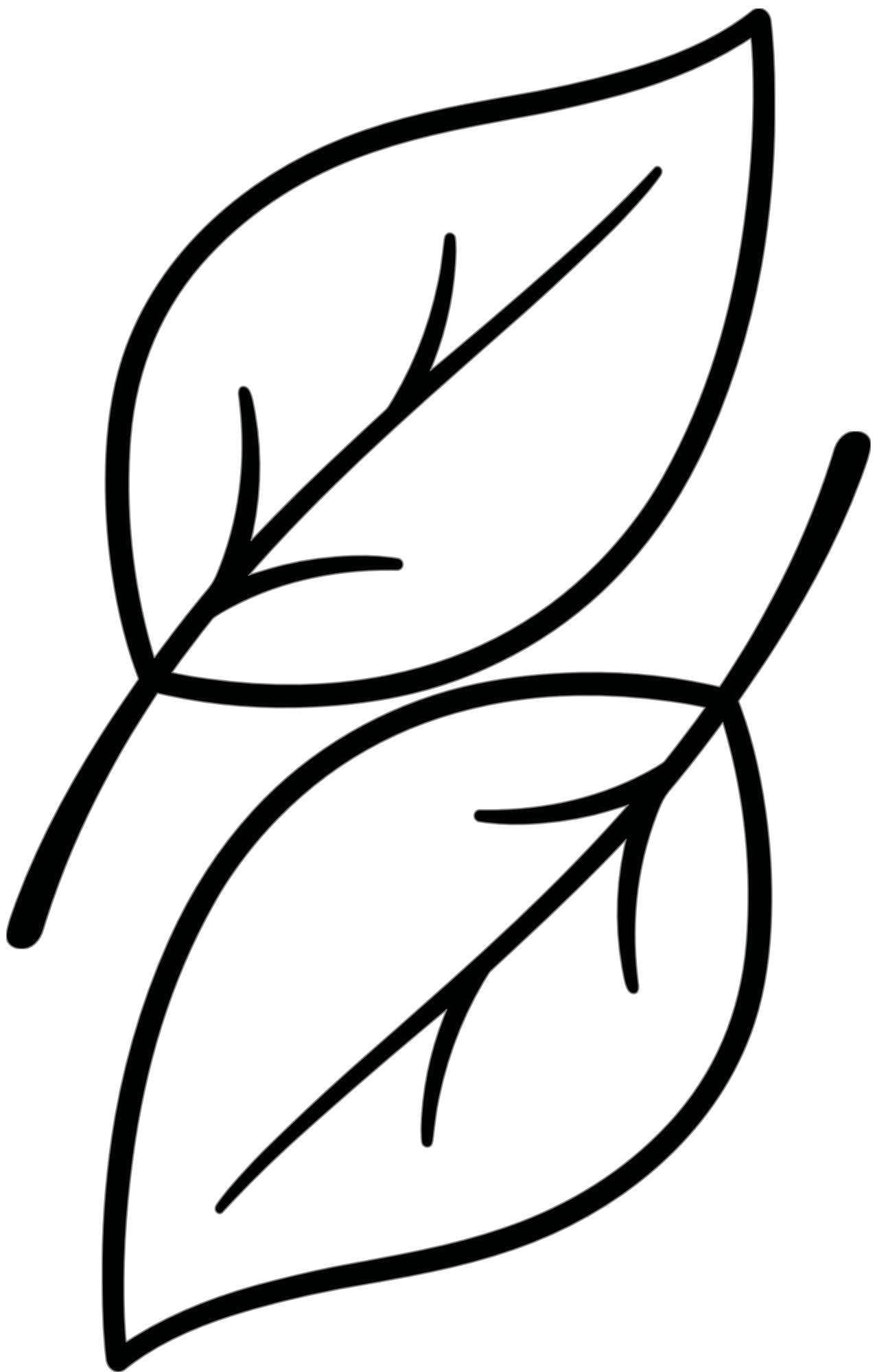
What Can I Do? Practice

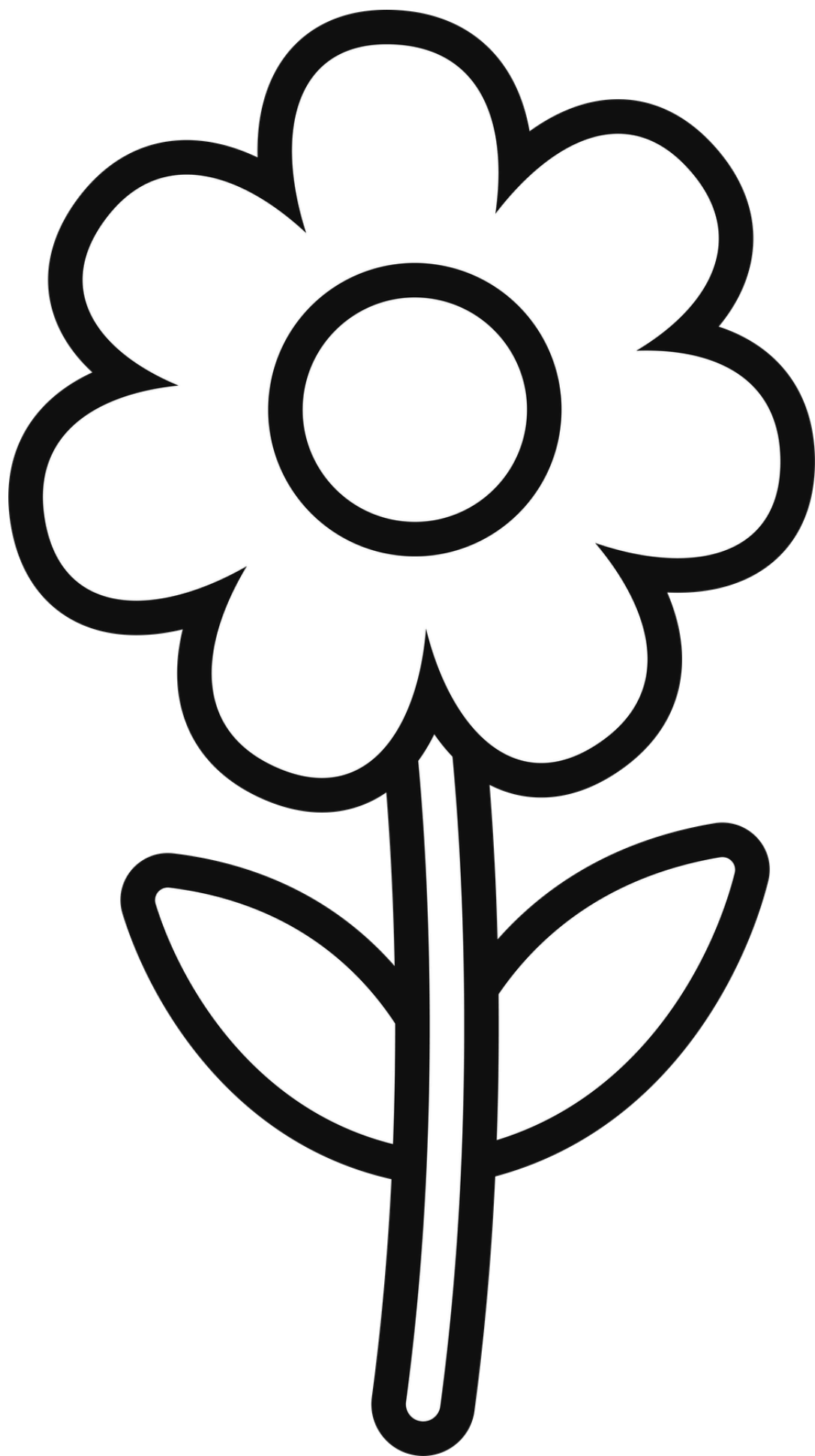
- Use a puppet or stuffed animal to act out simple preschool problems. Students help decide what the character can do.
- Simple scenarios:
 - Someone takes your toy.
 - Someone says, "You can't play."
 - Someone knocks down your blocks.
 - Someone is sitting alone.
 - Someone wants a turn.
- Students practice safe choices:
 - Say, "Stop, please."
 - Tell a teacher.
 - Ask, "Can I have a turn?"
 - Invite a friend to play.
 - Take a deep breath.
- For younger children, have the whole class repeat one simple phrase together, such as:
 - "Stop, please."
 - "Teacher, help."
 - "Come play."

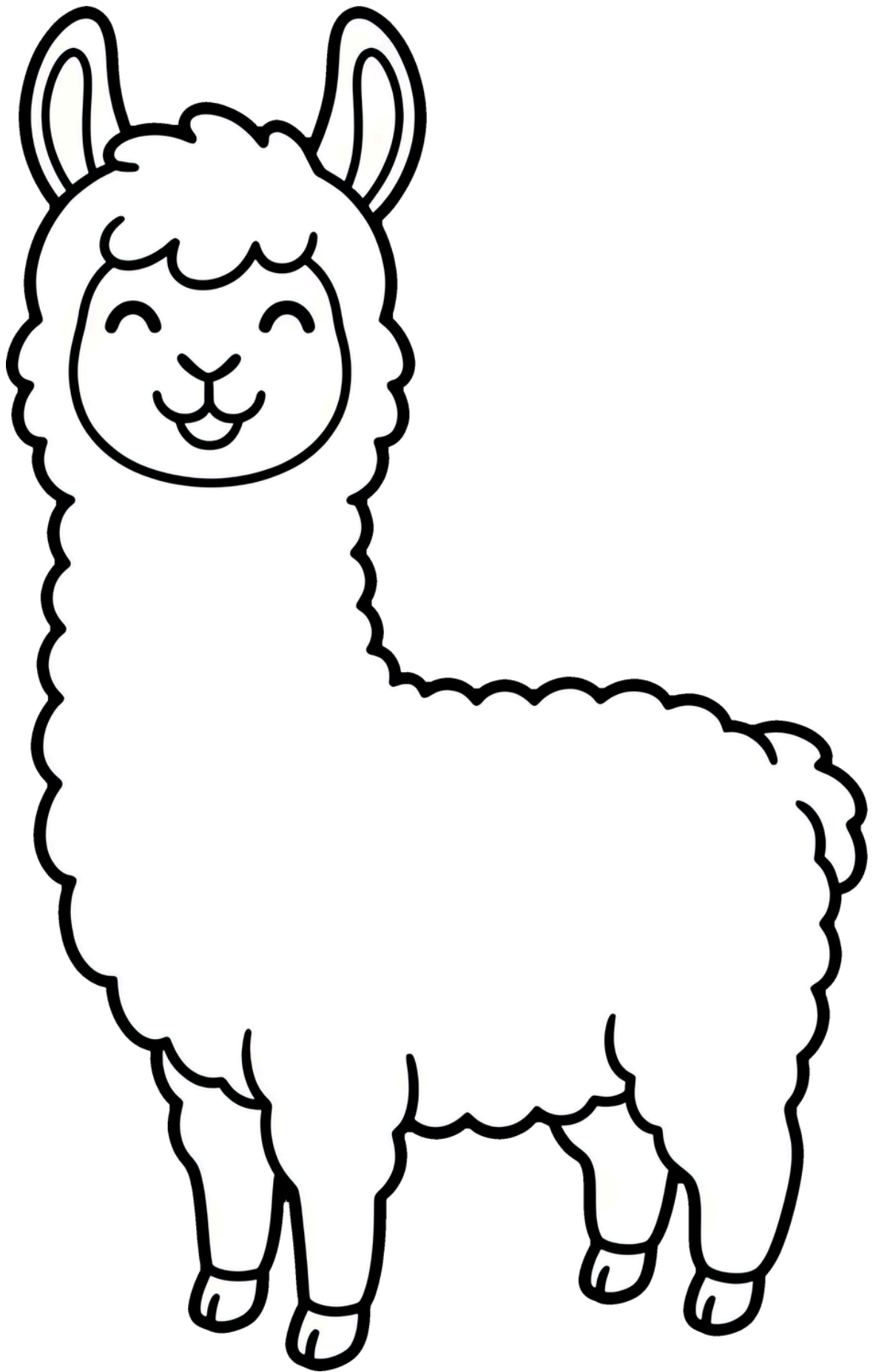


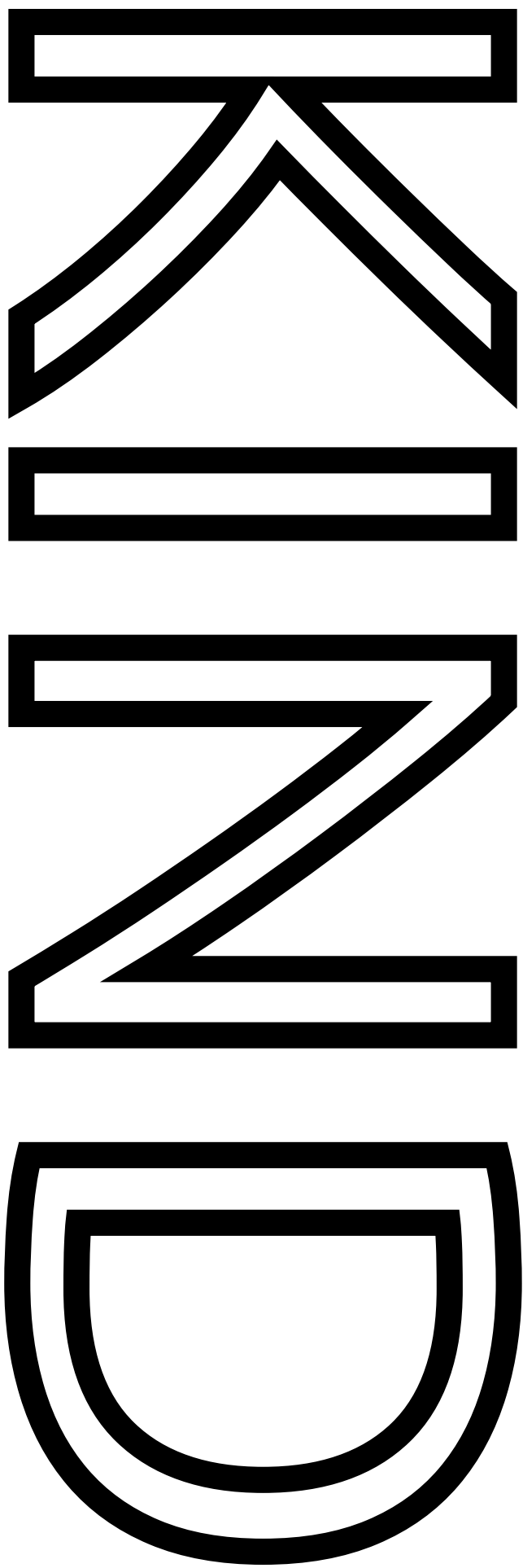
Whole School Engagement Project

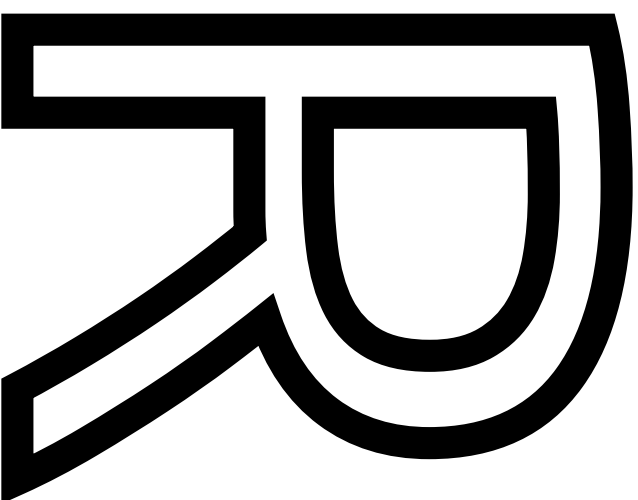
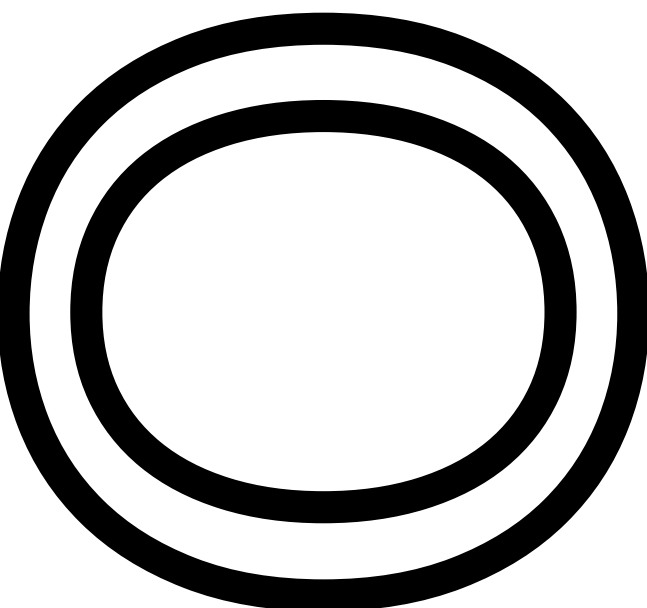
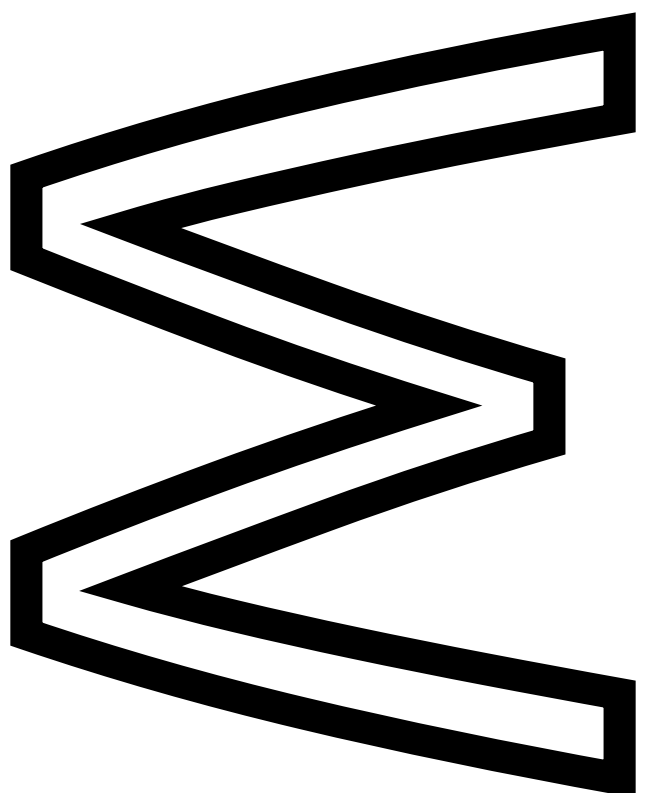
- Each class reads Llama Llama and the Bully Goat and talks about kind words children can use at school. Each child decorates a simple flower, leaf, heart, or llama cut-out. Since preschoolers are not writing yet, children can draw a picture of themselves being kind.
- Teachers can write down each child's kind words on the cut-out, such as:
 - "Come play."
 - "Are you okay?"
 - "You can have a turn."
 - "I'm sorry."
 - "Let's share."
 - "Teacher, help."
 - "Stop, please."
- Display the cut-outs together in the hallway or classroom with the title: "Kind Words Grow Here"

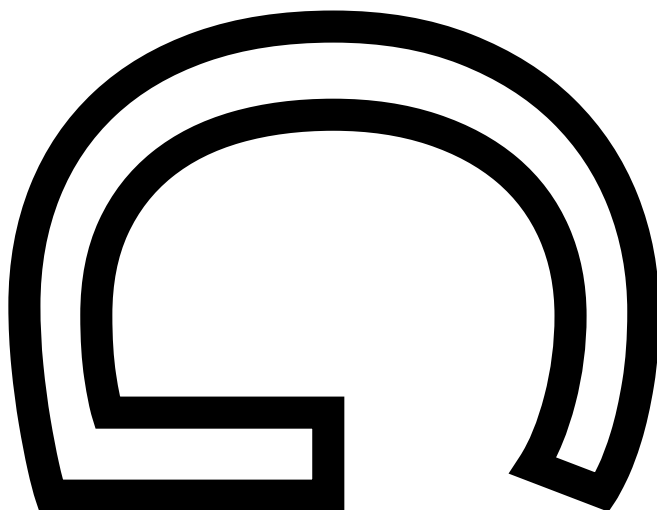
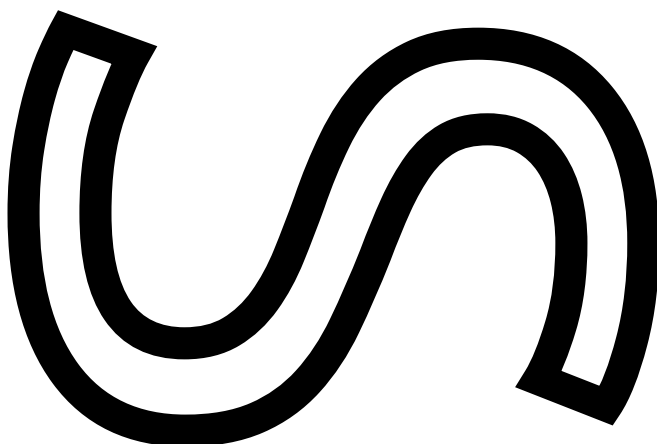
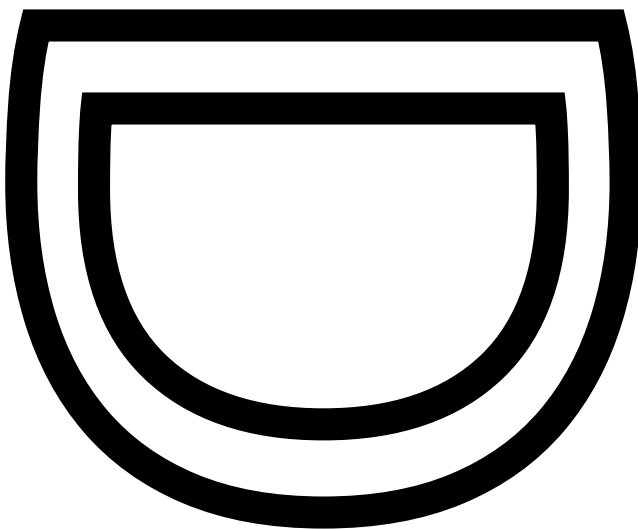




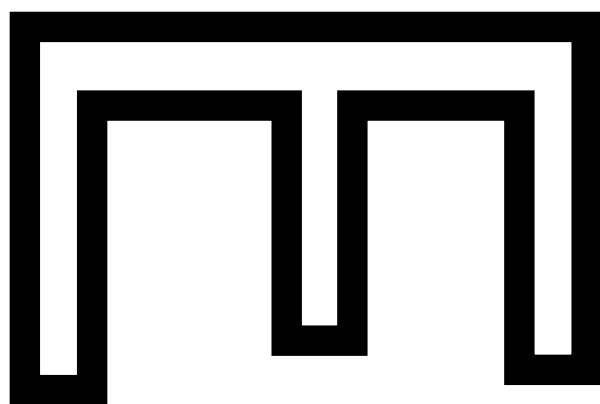
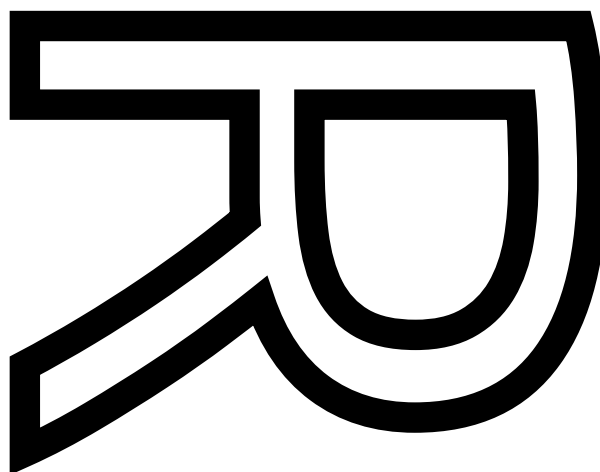
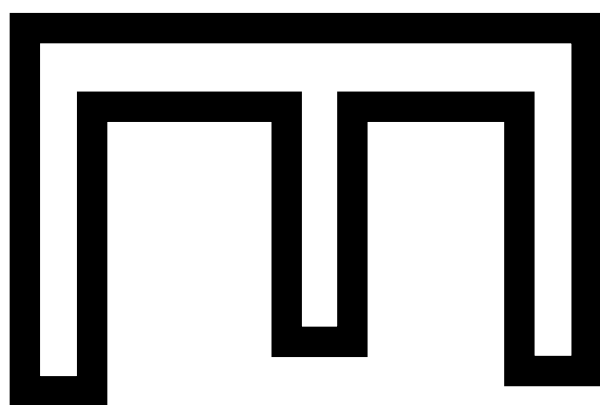
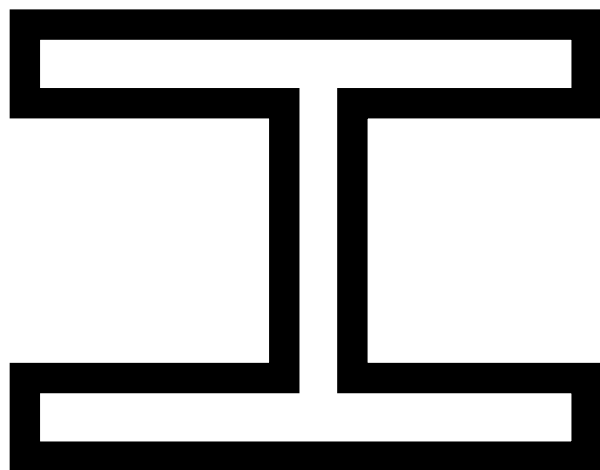








ROV





Kindness Makes Us Strong

by Sophie Beer

Kindness Makes Us Strong is a bright and simple picture book that shows young children many small ways to be kind. Children see kindness in everyday moments like sharing, helping, listening, giving a hug, saying hello, and playing together.

This simple and joyful story helps preschoolers understand that kindness is something they can do with their words, hands, faces, and actions. It connects beautifully to empathy, collaboration, and openness.



Discussion Questions

- What is one kind thing you saw in the book?
 - Follow-up Prompt: Can you show me a kind face? Can you show me kind hands?
 - Leadership Connection: Leaders show empathy by noticing others and using kind words and actions.
- How can we be kind when someone wants to play with us?
 - Follow-up Prompt: What could you say?
 - "Come play!"
 - "You can have a turn!"
 - "Let's play together!"
 - Leadership Connection: Leaders include others and help everyone feel welcome.
- How can we help a friend who feels sad, hurt, or left out?
 - Follow-up Prompt: Can you show what you might do?
 - Give a hug, get a teacher, sit nearby, share a toy, or say, "Are you okay?"
 - Leadership Connection: Leaders are kind helpers. They care about how other people feel.



Classroom Activities

Kindness Motion Game

Invite children to practice kindness with simple movements. Say each prompt and have children act it out.

Examples:

- Wave hello to a friend.
- Give yourself a hug.
- Pretend to help someone stand up.
- Pretend to share a toy.
- Smile at a friend.
- Give a gentle high five.
- Put your hand on your heart and say, "I can be kind."

After each action, say: "That is kindness!"

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Kindness Picture Draw

Give each child a heart outline. Invite them to draw or color a way they can be kind.

Preschool-friendly options:

- Draw a friend.
- Draw a toy they can share.
- Draw a smile.
- Use stickers or dot markers to decorate the heart.
- Dictate their idea to a teacher: "I can be kind by _____."

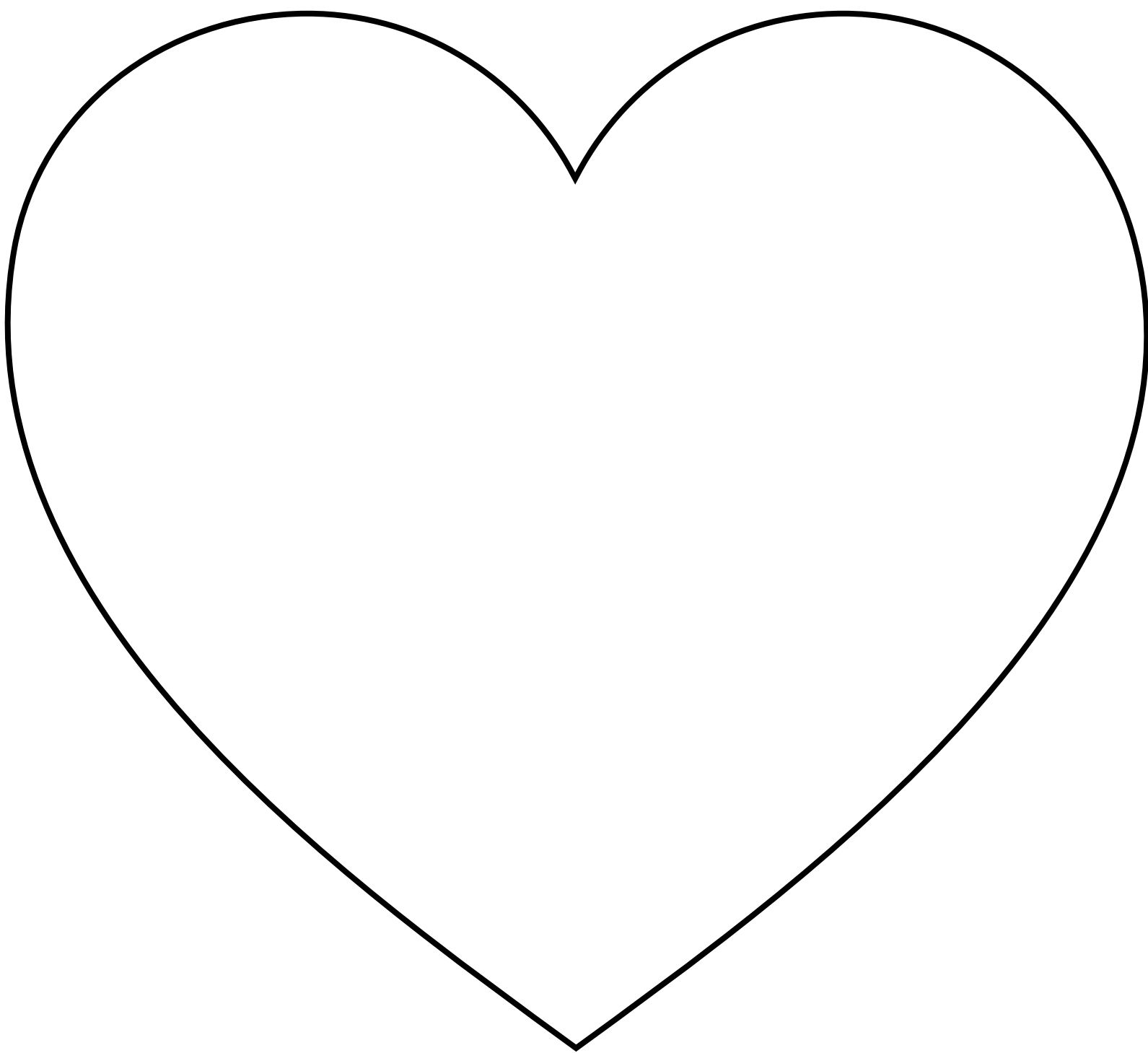
Children do not need to write. Teachers can write their words underneath if desired.



Whole School Engagement Project

Kindness Caught on Camera

- After reading *Kindness Makes Us Strong*, classrooms spend the week “catching kindness” around the school. Teachers, staff, or older student buddies take photos of children showing kindness in real moments or simple staged moments.
 - Sharing a toy
 - Helping clean up
 - Holding the door
 - Giving a high five
 - Comforting a friend
 - Inviting someone to play
 - Reading with a buddy
 - Helping carry something
 - Smiling or waving hello
- At the end of the week, gather all the photos into a slideshow for morning announcements, a school assembly, or a family email. The message is that kindness is not just something we read about, it is something we can see happening in our school every day.



I can be kind by _____



I Walk with Vanessa

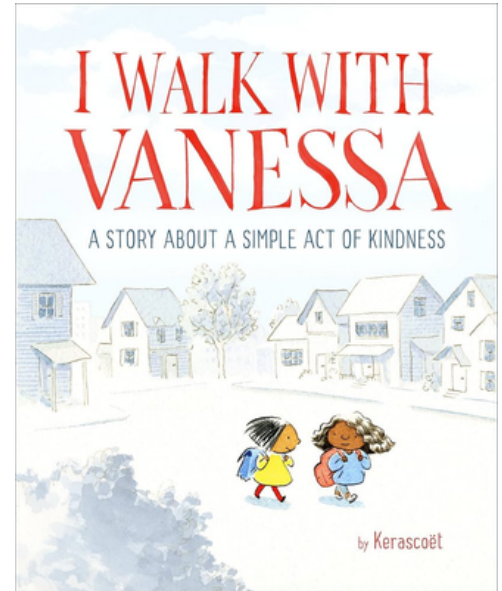
by Kerascoët

I Walk with Vanessa is a wordless picture book about a girl named Vanessa who is treated unkindly by another student. One classmate notices what happened and decides to help by walking with Vanessa to school the next day. Soon, more and more students join them.

This simple but powerful story helps children think about empathy, bravery, inclusion, and how small actions can make a big difference.

Discussion Questions

- Vanessa looked sad after someone was unkind to her. How do you think she felt?
 - Follow-up Prompt: What can we do when we notice someone feels sad, lonely, or left out?
 - Leadership Connection: Leaders show empathy by noticing how others feel and caring about them.
- One student saw what happened to Vanessa and decided to help. Was that brave? Why?
 - Follow-up Prompt: What is one brave thing you could do if you saw someone being treated unkindly?
 - Leadership Connection: Leaders are brave when they choose kindness, even when it might feel hard.
- At the end of the story, many students walked with Vanessa. How did that help her feel included?
 - Follow-up Prompt: How can our class make sure everyone feels like they belong?
 - Leadership Connection: Leaders include others and help build a school where everyone feels welcome.





Classroom Activities

Kindness Walk Role-Play

Students practice simple ways to help someone feel included. Use short scenarios such as:

- A student is sitting alone.
- A student is new to the class.
- A student is sad after recess.
- A student wants to join a game.
- A student is being teased.

Students can act out what they could do or say, such as:

- "Do you want to walk with me?"
- "Come play with us."
- "Are you okay?"
- "You can sit by me."
- "That wasn't kind. Let's help."

"I Can Walk With You" Drawing Activity

Give students a paper with the sentence starter:

I can walk with someone by...

Students draw a picture of themselves helping or including someone. Younger students can dictate their idea to an adult.

Examples:

- Walking with a friend
- Sitting with someone at lunch
- Inviting someone to play
- Helping someone who feels sad
- Standing beside someone who needs support

Invite students to share their drawings with a partner or the class.



Special Olympics
**Unified Champion
Schools®**

BOOK OF THE MONTH
December

Whole School Engagement Project

Walk With Me Day

Choose one day for a “Walk With Me Day.” Classes pair up with buddy classrooms and take a short kindness walk around the school. During the walk, students practice greeting others, noticing classmates, and talking about ways they can help everyone feel included.

Take it farther and set up a weekly walking club where students can enjoy walking while getting to know other friends!

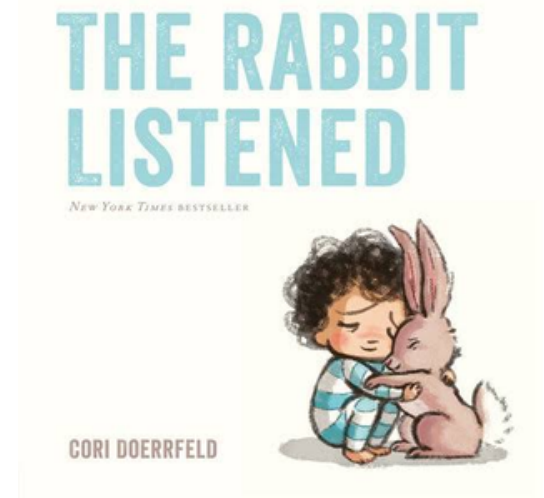


The Rabbit Listened

by Cori Doerrfeld

The Rabbit Listened tells the story of Taylor, who feels sad and upset after something special falls apart. Many animals come by and try to tell Taylor what to do, but Taylor is not ready. Then the rabbit comes, sits close, stays quiet, and listens.

This gentle story helps young children understand big feelings, friendship, patience, and empathy. Preschoolers learn that kind friends can help by being near, listening, and caring.



Discussion Questions

- How did Taylor feel when the blocks fell down?
 - Follow-up Prompt: Can you show me a sad face? Can you show me an upset face?
 - Leadership Connection: Leaders notice when someone has big feelings.
- What did the rabbit do to help Taylor?
 - Follow-up Prompt: Did the rabbit yell? Did the rabbit grab? Did the rabbit stay close and listen?
 - Leadership Connection: Leaders show empathy by listening and staying kind.
- What can we do when a friend feels sad or mad?
 - Follow-up Prompt: Can we sit by them? Can we ask, "Are you okay?" Can we get a teacher?
 - Leadership Connection: Leaders are kind helpers. They care about how their friends feel.



Classroom Activities

Feelings Faces

After reading the story, invite children to practice showing different feelings with their faces and bodies.

Teacher says:

- "Show me happy."
- "Show me sad."
- "Show me mad."
- "Show me frustrated."
- "Show me calm."
- "Show me kind listening."

Preschool Adaptation: Children can point, act it out, make a face, or choose a picture card instead of answering with words.

Kind Listening Practice

Teach children what "kind listening" looks like.

Use simple phrases:

- Eyes looking.
- Body calm.
- Hands gentle.
- Mouth quiet.
- Heart caring.

Have children practice with a stuffed animal, puppet, or partner. One child or teacher pretends the stuffed animal is sad because their tower fell down. Children practice sitting nearby and saying one kind phrase.

Kind phrases to practice:

- "Are you okay?"
- "I'm here."
- "I can help."
- "Do you want a hug?"
- "I will sit with you."

Preschool Adaptation: Children can simply sit next to the stuffed animal, pat their own heart, or give a gentle wave.



Whole School Engagement Project

The “We’re Here With You” Cozy Corner

After reading *The Rabbit Listened*, each classroom helps create a shared schoolwide cozy space that reminds students: when someone has big feelings, we can be kind by staying close, listening, and caring. This can be a cozy spot in the school library, front office, or other shared spot in the school where students can go with a friend to feel supported and cared for.

Classrooms could each contribute a poster with kind words on it or cards



Jabari Jumps

by Gaia Cornwall

Jabari is ready to jump off the diving board! He has finished his swimming lessons and passed his swim test, but when he gets to the top, he feels a little nervous. With encouragement from his dad, Jabari takes a deep breath, remembers he can try, and bravely jumps into the pool.

This story helps young children talk about bravery, big feelings, trying something new, and encouraging others.



Discussion Questions

- Jabari wanted to jump, but then he felt nervous. How do you think his body felt?
 - Follow-up Prompt: Have you ever felt nervous to try something new?
 - Leadership Connection: Leaders can feel nervous and still try something brave.
- Jabari's dad helped him feel calm. What did his dad do to help?
 - Follow-up Prompt: What can we say to a friend who feels scared or nervous?
 - Leadership Connection: Leaders encourage others with kind words and a calm body.
- Jabari took a deep breath and jumped. What is something brave you can try at school?
 - Follow-up Prompt: What can you do if something feels hard the first time?
 - Leadership Connection: Leaders keep trying, even when something feels new or hard.



Classroom Activities

Brave Breaths Practice

Invite students to practice taking “brave breaths” like Jabari.

Have students:

1. Stand tall like they are on a diving board.
2. Put their hands on their belly.
3. Take a slow breath in.
4. Blow the breath out.
5. Say, “I can try!”

Then invite students to share or act out one thing they can try bravely at school, such as joining a game, asking a friend to play, using words to ask for help, or trying a new activity.

“I Can Try!” Movement Activity

Set up a simple pretend obstacle course or movement path. Keep it very easy and safe for preschoolers.

Ideas:

- Step over a line
- Jump into a hoop
- Walk on a tape line
- Crawl through a tunnel
- Toss a beanbag
- Give a friend a high five

Before each turn, the class says: “You can try!”

After each turn, the student says: “I did it!” or “I tried!”

Remind students that being brave does not mean something is easy. Being brave means we try, ask for help, or try again.



Whole School Engagement Project

Brave Jump Challenge: “We Can Try Brave Things!”

Create a simple “Brave Jump” station in a hallway, gym, or classroom space. This can be used by one class at a time or during a schoolwide Book of the Month celebration.

Set up a short pretend “diving board” using painter’s tape, a blue mat, blue paper, or a taped line on the floor. Students take turns standing at the end of the “diving board,” taking one brave breath, and jumping into the pretend pool.

Before each student jumps, an adult asks:

“What brave thing can you try at school?”

Students can answer with words, point to a picture card, or repeat after the teacher. Examples:

- “I can try a new game.”
- “I can ask a friend to play.”
- “I can use my words.”
- “I can clean up.”
- “I can try again.”
- “I can ask for help.”
- “I can say, ‘You can do it!’”

Then the class cheers:

“You can try!”

After the student jumps, everyone says:

“You did it!”

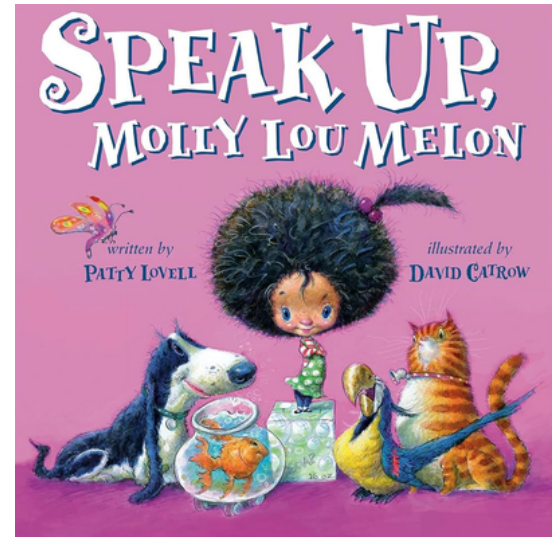


Speak Up Molly Lou Melon

by Patty Lovell

Molly Lou Melon knows that her voice matters. When she sees someone being unkind, she learns how to speak up, help others, and make things right.

This playful story helps young children think about bravery, kindness, empathy, and using their voice to help friends feel safe and included.



Discussion Questions

- Molly Lou saw someone being unkind. How do you think that made her feel?
 - Follow-up Prompt: What can we do if we see a friend feeling sad or left out?
 - Leadership Connection: Leaders notice how others feel and try to help.
- Molly Lou used her voice to speak up. Was that brave? Why?
 - Follow-up Prompt: What is something kind you can say if someone needs help?
 - Leadership Connection: Leaders are brave when they use kind words to help others.
- Sometimes we make mistakes. What can we do after we make a mistake?
 - Follow-up Prompt: Can we say, "I'm sorry," "Are you okay?" or "Can I help?"
 - Leadership Connection: Leaders are accountable. They try to make things better after something goes wrong.



Classroom Activities

"Kind Words Microphone"

- Give students a pretend microphone, toy microphone, or paper microphone. Invite each child to practice saying one kind phrase they could use with a friend.
- Examples:
 - "I can help you."
 - "Do you want to play?"
 - "That's not kind."
 - "Are you okay?"
 - "You can sit with me."
 - "Let's play together."

For younger students, the teacher can say the phrase first and students can repeat it. Print out the picture cards for students to point to a picture instead of saying a phrase.

"What Could You Do?" Role-Play

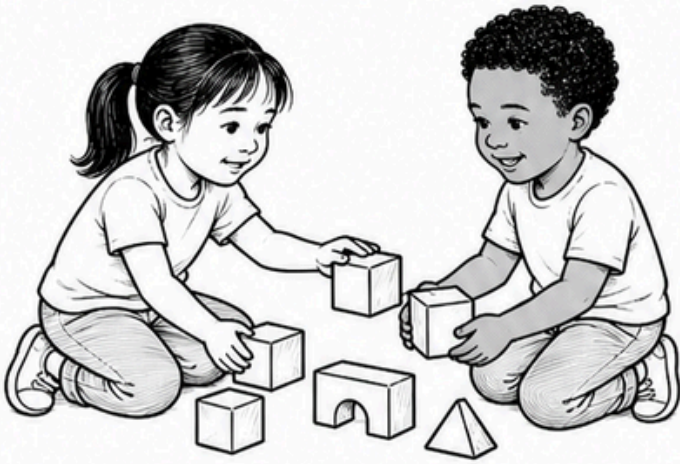
- Use simple preschool-friendly scenarios. Act them out with puppets, stuffed animals, or teacher modeling. Have students practice what they could say or do.
- Scenario ideas:
 - A friend is sitting alone.
 - A friend falls down.
 - A friend says, "You can't play."
 - A friend is crying.
 - A friend wants a turn with a toy.
 - A friend is nervous to try something new.
- For each scenario, ask:
 - "What can we say?"
 - "What can we do?"
 - "How can we help?"



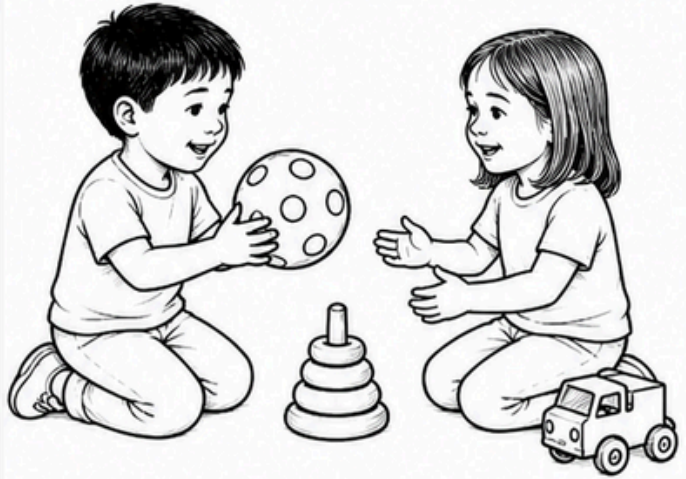
Whole School Engagement Project

"Speak Up for Kindness" Wall

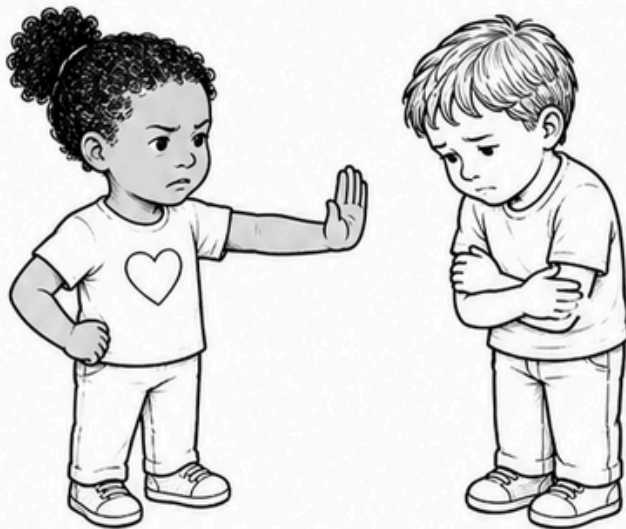
- After reading the book, each class creates paper speech bubbles with kind words or drawings. Preschool students can draw a picture, add stickers, or dictate a kind phrase to an adult.
- Speech bubble ideas:
 - "Be kind."
 - "Play with me."
 - "I can help."
 - "You are my friend."
 - "Are you okay?"
 - "Let's share."
 - "Everyone can play."
- Display the speech bubbles in a hallway or common space with the title: "Our Voices Can Make School Kinder"
- Teachers can take a few minutes during the week to help students practice one "speak up" phrase from the wall during morning meeting, circle time, or transitions.



I can help you.



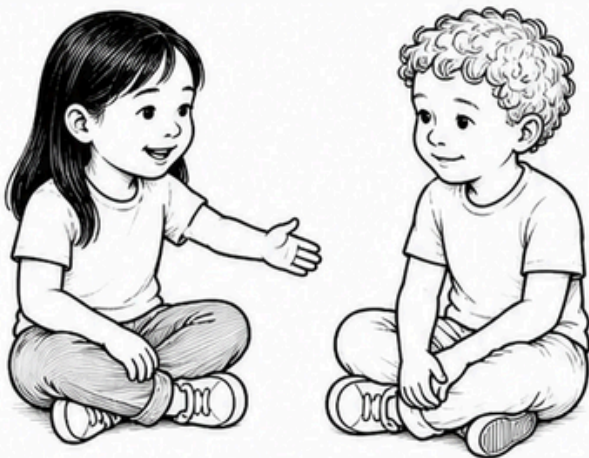
Do you want to play?



That's not kind.



Are you okay?



You can sit with me.



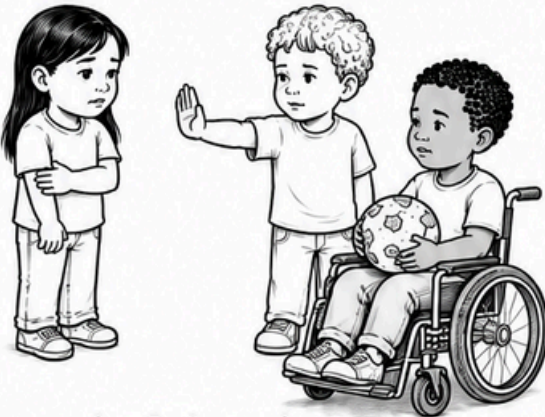
Let's play together.



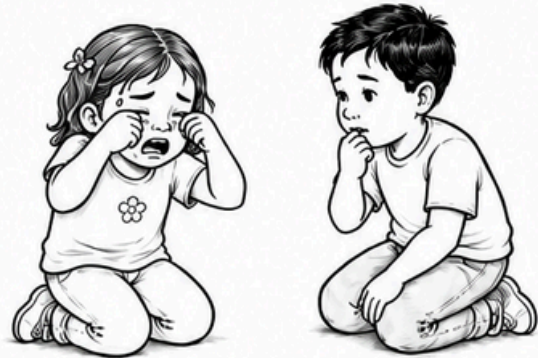
**A friend is
sitting alone.**



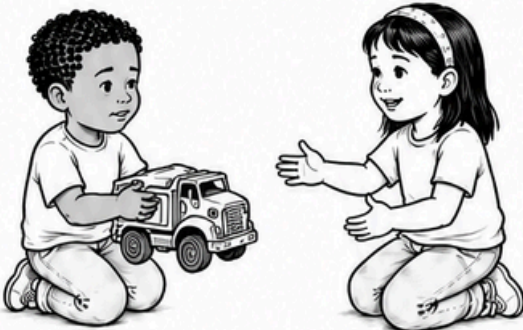
**A friend
falls down.**



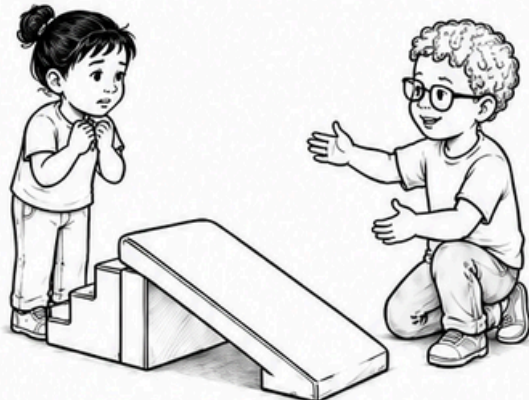
**A friend says,
“You can’t play.”**



**A friend
is crying.**



**A friend wants
a turn with a toy.**



**A friend is nervous
to try something new.**

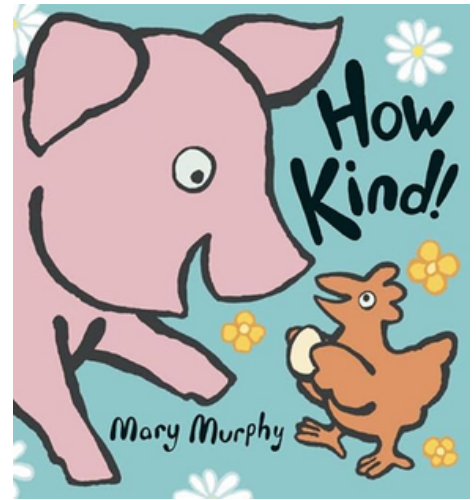


How Kind

by Mary Murphy

Hen gives Pig an egg, and Pig thinks, “How kind!” Pig wants to do something kind too, so he gives the egg to Rabbit. Then Rabbit does something kind for Cow, Cow does something kind for Cat, and the kindness keeps going. This simple story shows children that one kind action can lead to another.

This story helps young children talk about kindness, friendship, giving, helping, and noticing how our actions make others feel.



Discussion Questions

- Hen gave Pig an egg. How did Pig feel when Hen was kind?
 - Follow-up Prompt: How do you feel when someone shares with you or helps you?
 - Leadership Connection: Leaders are kind. They notice ways to make others feel happy and cared for.
- Pig wanted to do something kind too. What kind thing did Pig do?
 - Follow-up Prompt: What is one kind thing you can do for a friend at school?
 - Leadership Connection: Leaders help kindness grow by doing kind things for others.
- In the story, kindness kept moving from one animal to another. What happened when everyone was kind?
 - Follow-up Prompt: What could happen in our classroom if everyone did one kind thing today?
 - Leadership Connection: Leaders help make their classroom a kind place for everyone.



Classroom Activities

Kindness Pass

- Gather students in a circle. Use a soft toy, plastic egg, heart, or ball as the “kindness object.”
- The teacher starts by holding the object and saying one kind action:
 - “I can share.”
 - “I can help clean up.”
 - “I can say, ‘Do you want to play?’”
 - “I can give a friend a turn.”

Then the teacher passes the object to the next child. Each child can say, repeat, point to a picture card, or act out a kind action.

For children who need support, offer simple choices:

- “Can you share or help?”
- “Can you wave or give a high five?”
- “Can you say, ‘You can play?’”

Remind students that kindness can be words, actions, sharing, helping, or gentle hands.

Kindness Animal Match

Print the animal cards (Hen, Pig, Rabbit, Cow, Cat, and Dog) and the kindness action cards.

Students choose an animal card and a kindness action card. Then they act out the kind action with a teacher or friend.

Example:

“Pig can share.”

“Rabbit can help.”

“Cow can say, ‘Come play!’”

This helps preschoolers practice kindness through movement, pretend play, and repeated language.

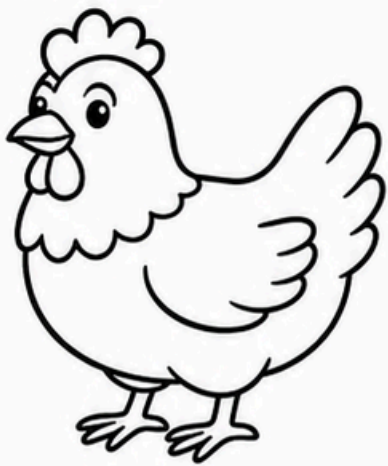


Whole School Engagement Project

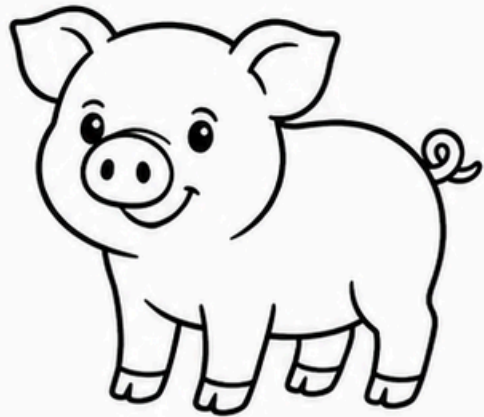
Kindness Chain Reaction

- Create a schoolwide kindness chain to show how one kind action can lead to another, just like in How Kind!
- Each class receives paper strips or picture cards. When a student does something kind, a teacher helps add it to a classroom kindness chain.
- Students can draw, dictate, or choose a picture to show their kind action.
- Examples:
 - "I shared blocks."
 - "I helped clean up."
 - "I gave a friend a turn."
 - "I said, 'Come play.'"
 - "I used gentle hands."
 - "I helped a friend feel better."

Classes can connect their kindness chains together in the hallway to create one large schoolwide chain.



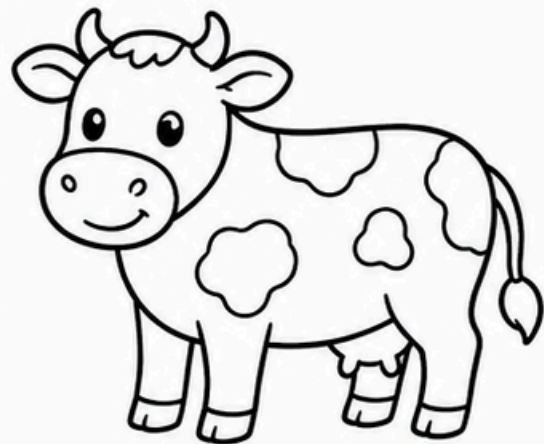
Hen



Pig



Rabbit



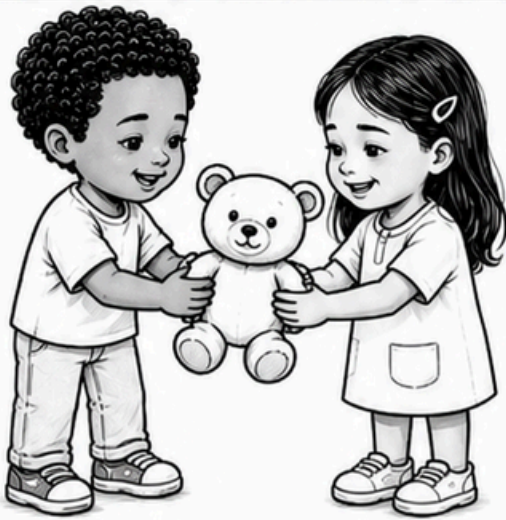
Cow



Cat



Dog



Share



Help Clean Up



Take Turns



Come Play!



Help a Friend



Are You Okay?

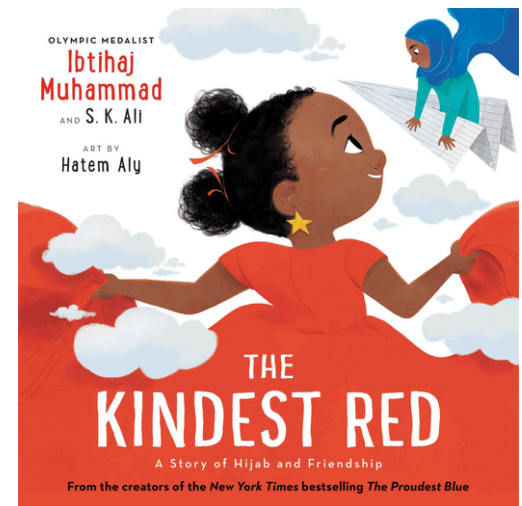


Speak Up Molly Lou Melon

by Patty Lovell

Faizah is excited for school and wants to find ways to be kind. Throughout the day, she learns that kindness can be shared in many ways, through helping, including, noticing, and caring for others.

This warm story helps young children think about empathy, openness, friendship, and how small acts of kindness can make others feel loved and included.



Discussion Questions

- Faizah wanted to spread kindness. What is something kind she did?
 - Follow-up Prompt: What is one kind thing you can do for a friend?
 - Leadership Connection: Leaders show empathy by noticing friends and choosing kindness.
- How do you think someone feels when a friend helps them or includes them?
 - Follow-up Prompt: Can you show me a happy face? Can you show me a lonely face?
 - Leadership Connection: Leaders help others feel safe, happy, and included.
- In the story, kindness keeps spreading. How can we pass kindness to someone else?
 - Follow-up Prompt: Could we share, help, smile, invite, or say kind words?
 - Leadership Connection: Leaders take action. They make their classroom kinder with small choices.



Classroom Activities

"Kindness Color Hunt"

- Before reading or after reading, give each student a small red heart, red dot sticker, or red paper square. Tell students they are going to look for "kindness moments" in the classroom.

Invite students to walk around the room and place their red heart near something that reminds them of kindness.

- Examples:
 - A toy they can share
 - A book they can read with a friend
 - A chair where they can sit next to someone
 - A basket they can help clean up
 - A cozy space where someone might need comfort
 - A game where friends can take turns
- After the hunt, gather students and ask:
 - "What kind thing could we do here?"
 - "How could this help a friend?"

""Kindness Charades""

- Use picture cards with different kind actions. Each student picks a card and acts it out without words. The class guesses the kind action.
- Kindness action cards could include:
 - Helping a friend clean up
 - Sharing a toy
 - Inviting someone to play
 - Sitting with a friend
 - Giving a smile or wave
 - Checking on someone who is sad
 - Taking turns
 - Saying kind words
- For younger preschoolers, the teacher can model first, or two students can act out a card together



Whole School Engagement Project

"Kindness Spots Around Our School"

- Each class chooses one place in the school where students can practice kindness. This could be the hallway, playground, cafeteria, classroom, library, gym, bathroom line, arrival area, or bus line.
- The class creates a simple sign for that space with one preschool-friendly kindness reminder.
- Examples:
 - "Wave hello!"
 - "Invite a friend!"
 - "Use walking feet!"
 - "Take turns!"
 - "Help clean up!"
 - "Use kind words!"
 - "Check on a friend!"
 - "Everyone can play!"

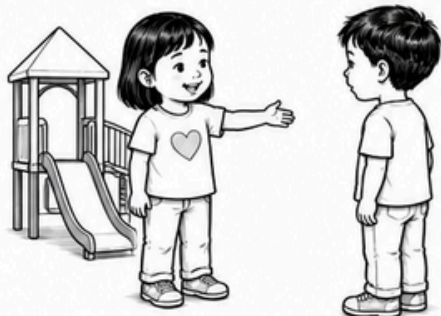
Preschool students can help decorate the sign with red hearts, handprints, stickers, or drawings. Post the signs around the school as visual reminders that kindness can happen everywhere.



**Helping a friend
clean up**



Sharing a toy



**Inviting someone
to play**



Sitting with a friend



Giving a smile or wave



**Checking on someone
who is sad**



Taking turns



Saying kind words



Special Olympics
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Elementary Resources

Want to continue connecting inclusive leadership in your classroom? Check out the additional resources that Special Olympics offers to further leaderships, kindness, and inclusiveness in your classroom. Reach out to your local Special Olympics staff member to receive support and more ideas!

Unified Young Reader

Young Athletes - year long lesson plans

Elementary School Playbook