

K is for Kind

JOY



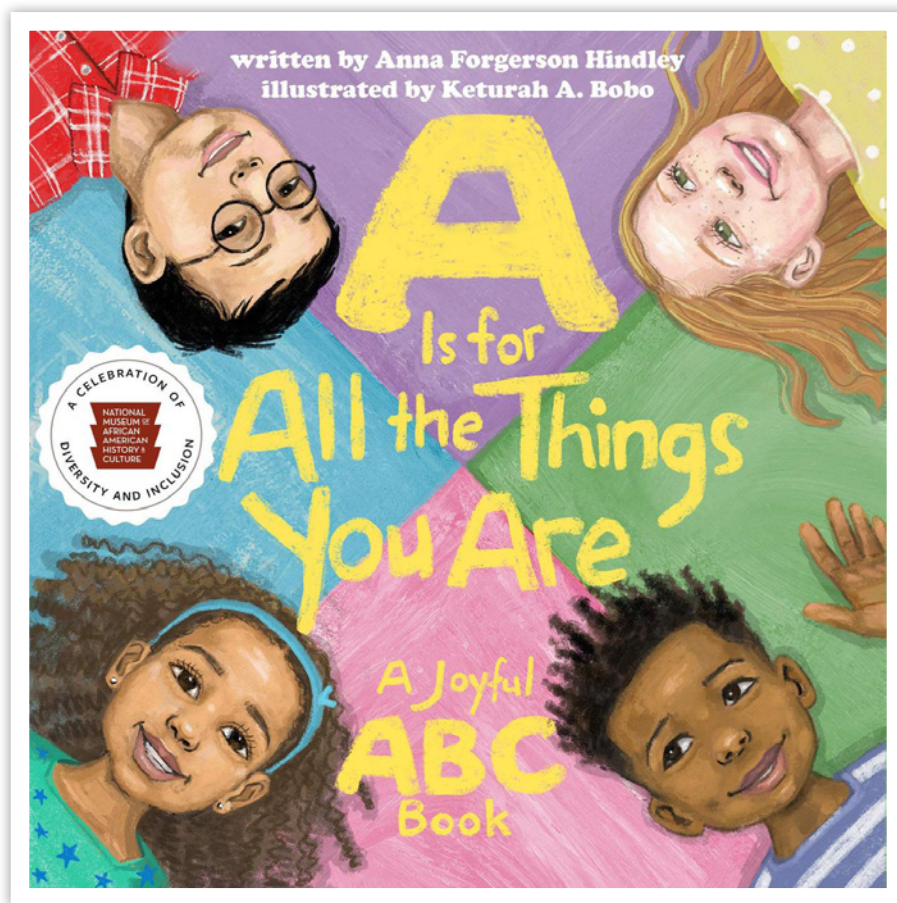
FUL

A NMAAHC KIDS ABCs ACTIVITY BOOK

EARLY LEARNERS EDITION - AGES 3 TO 5

Brought to you by the National Museum of African American History and Culture Early Childhood Education Initiative.
Inspired by the children's book, A is for All The Things You Are: A Joyful ABC Book written by Anna Forgeson Hindley
and illustrated by Keturah A. Bobo, ©2018 Art by Keturah Ariel LLC.

Funded by the W.K. Kellogg Foundation.



A is for All the Things You Are was written to affirm our children and empower them to see themselves as many things at once – daring and loving, creative and just, amazing and zany – and everything in between. The book offers wonderful opportunities for conversations with children to build their vocabularies, strengthen their sense of self and deepen their joy in and acceptance of human diversity. The illustrations allow them to see not only themselves but others in the same positive light as well. By seeing positive images of children of different colors, genders, abilities, classes, and other social identities, we nurture the child’s comfort and joy in human diversity so deep caring connections can be made across humanity. In exploring ideas such as fairness, kindness, open-mindedness and being vocal, children begin the task of recognizing injustice and knowing how to stand up for themselves and others.

Each activity booklet offers suggestions of how to begin the lifelong work of having a positive sense of self and others with your early learner, how to support their language development and how to build the foundations of literacy.

A Is for All the Things You Are: A Joyful ABC Book
© 2018 Art by Keturah Ariel LLC (artwork)
© 2018 Smithsonian Institution (text)

K is for Kind:

Offering a warm smile. Being gentle. These small acts of kindness can make a big difference in someone's day.

How were you kind today?

Kindness is the act of paying attention to another person and doing something that supports them or shows that you care. It is the practice of noticing, feeling empathy, and acting - qualities that are at the foundation of satisfying human relationships and healthy communities. Young children are often focused on their own big emotions and developmentally aren't always capable of thinking beyond their immediate needs and feelings. However, when we notice and name their big feelings and their everyday acts of caring and cooperation we are modeling empathy and reminding them that they can make kind choices, even when it doesn't feel easy. Our caring for their needs allows them to feel safe enough to care for other's needs.

One way we can teach children to notice kindness is in small, everyday acts of helping others. When someone is sad, you can be kind and help by listening or looking for ways to cheer them up. When someone drops something, you can be kind and help by picking up what was dropped. There are lots of ways to be kind and lots of ways to help make the world a better place. Community helpers are people who work together to make the community a better place for everyone. Noticing what community helpers do can inspire children to also make daily choices to be friendly, generous, helpful and kind, with the knowledge that their actions matter.

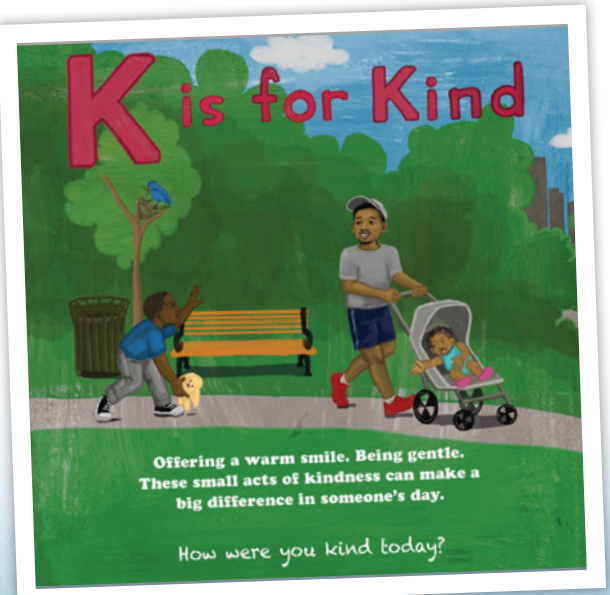
What You'll Need:

The following supplies are suggested for the activities in this booklet.

- Paper
- Scissors
- Tape
- Glue and 3D materials (optional)
- Glue stick
- Imaginary play items (See page 3.)
- Markers and crayons
- Small cardboard boxes

Tip:

Build an at-home creativity kit full of all the supplies and recycled materials you'll need for future ABC art and play activities. Find the supplies list [here!](#)



A Is for All the Things You Are: A Joyful ABC Book
© 2018 Art by Keturah Ariel LLC (artwork)
© 2018 Smithsonian Institution (text)



EXPLORE

In early childhood, children learn best through doing! Explore this week's theme with your child by trying this engaging experience inspired by our museum collection.

Helping Others

We can show kindness to people by helping them get what they need. Many communities have groups of people, called organizations, who work together to ensure everyone in the community has what they need. One organization that helped make sure people had food, clothes and health care is called the Black Panthers. These acts of kindness made sure everyone in their communities were fed, healthy and that they had clothes to work and play in.

Practice being helpful and showing kindness, like the Black Panthers, by inviting your little one to join you in imaginary play:



Black Panthers served free food in their communities.

What kinds of food does your family enjoy? Using pots, utensils, dishes and pretend food, cook an imaginary meal for your family. Tip: Find ways for your little one to help at real mealtimes to grow empathy and encourage acts of kindness.



Black Panthers gave clothing to people.

What do people wear when it's cold or raining? What outfits do people wear to play in or sleep in? Imagine different scenarios together with your child and discuss what kinds of clothes are needed. Then, dress up together!



Black Panthers took care of people who were sick or hurt.

How can you show kindness to someone who is in pain or feeling sick? Take turns caring for each other.

Photos by Stephen Shames

Tip:

Communities are stronger when people come together to help each other. As a family, decide ways you can contribute to your community and appreciate others in your community who help you.

CREATE

Create art inspired by this week's theme!

Building for Others

What You'll Need

- Paper
- Small cardboard boxes
- Tape
- Scissors (for adult use)
- Wet glue or glue stick
- 3D materials (optional)
- Markers and crayons

Builders like architects, carpenters and construction workers show kindness and help communities by building places that people need like homes, schools, stores and workplaces. The people in these photos built tents made of wood and plastic. The tents were built in a place called [Resurrection City](#) in Washington, DC. To build the city, many people became builders and worked together to build a community of tents that all kinds of people could live in.

Gather small cardboard boxes (like cereal or cracker boxes) along with other materials listed above to create your own mini-buildings inspired by the tents at Resurrection City!

- 1 Make an entrance to your box building. Can the box's opening be a doorway? Or, do you need to make a new one? On one side of the box, draw a square or triangle door that your caregiver will carefully cut out with scissors.
- 2 With tape or a glue stick, cover the sides of the boxes with paper.
- 3 Using markers and crayons, add colors and details like windows or signs to say what kind of building it is. (Is this building a home? Is it a place to connect with others, work or learn?)

Optional: Use glue and 3D materials to create a mural on a box building to express love and kindness, inspired by a [mural that people who lived at Resurrection City made together](#).

Tip:

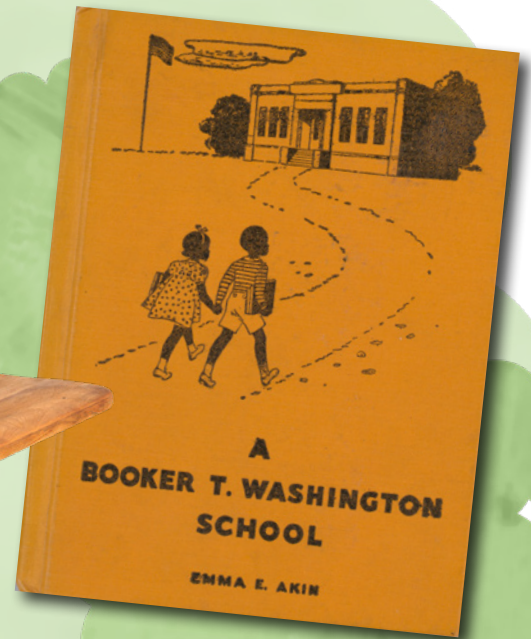
Time to play! Turn your boxes into a community by adding toy figurines, small dolls or people made out of pipe cleaners.



LETTERS & LITERACY

Invite your child to take part in the following experiences to support their literacy and language skills.

Teaching Others



Teachers show kindness when they take time to share new information with their students. Play student and teacher. Let your little one be the teacher and you, their student. Start by asking them to teach you how to draw different kinds of lines and shapes. Sit side by side with paper and a writing utensil. Invite them to begin and let them know you'll be watching what they do so that you can make the same lines or shapes. Describe what kinds of lines and shapes they make and then create your own. Say: *I see you are making a round shape. I made one too! You're drawing a straight line. What do you think about my line?*

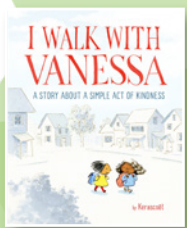
Next, invite your little one to teach you how to do something that they love to do. Ask them to provide step-by-step instructions during an activity, such as drawing a picture, doing a cool dance move or playing a game. Giving step-by-step instructions helps them to practice an important early literacy skill: describing experiences in sequence. To help them with this skill, ask questions like: *What should I do first? What's next?* As you learn from your little teacher, thank them for their kindness and patience in showing you their talents!

EXPLORE MORE

Continue learning with your little one using these recommended resources:

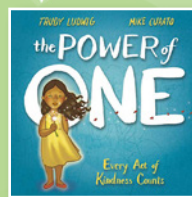
Books

Read the following books with your little one to encourage noticing, build empathy and inspire making daily choices to be kind.



I Walk With Vanessa: A Story About a Simple Act of Kindness

by Kerascoet



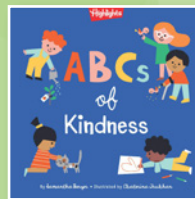
The Power of One: Every Act of Kindness Counts

by Trudy Ludwig,
illustrated by Mike Curato



Kindness Makes Us Strong

by Sophie Beer



ABCs of Kindness

by Samantha Berger,
illustrated by Ekaterina Trukhan

Tip:

Use your favorite search engine to find read-aloud videos online!

Online Resources

Discover more ways to support your child's understanding of acting kind with these online resources.



[For Families: 7 Tips for Raising Caring Kids - Making Caring Common, Harvard School of Education](#)



[Kindness Vs. Cruelty: Helping Kids Hear The Better Angels Of Their Nature - NPR](#)



[Heroes In Your Neighborhood Song - Sesame Street](#)

CONNECT

A Guide for Families and Caregivers

Why do these experiences matter?

A child's identity is both internally constructed and externally imposed. They learn who they are and how they are valued from the words and actions of others and from the way they do or don't make sense of those messages. Their beloved adults (that's you!) are the most important people in their world. The words you give a child to describe themselves and others have lasting power in their lives. When a child has the words to think about their strengths and their worth, they can sort through negative messages and hold on to their sense of being loveable and capable. The experiences in this booklet are invitations for you to use objects, activities and words to support your child's positive identity development, their fascination with how people are both different and the same, and their ability to read emotions and build empathy. In time, experiences like these will also support your child's ability to recognize unfairness or unkindness and to stand up for themselves and others.

What about supporting language development and getting ready to read?

Alphabets, in and of themselves, are not particularly interesting to young children. However, learning letter-filled words to describe the world around them and inside of them (their feelings, experiences and senses) are very interesting to children! Discovering new words, new ways to say things and new ways to think is exciting and essential to a child's literacy and identity development.

The developmental path to reading is a child's understanding that, "Anything I do or see, I can say! Anything I say can be written! Anything written can be read!" Many booklet experiences will encourage you to engage in conversations about objects and during story times to deepen your child's connection to spoken and written words. Other experiences will invite you to build literacy skills by writing down what your child says, feels or thinks and reading it back to them aloud. Some booklets will introduce fun ways to boost fine motor skills that contribute to a child's writing and reading abilities. The booklets will also recommend books that intrigue children by illustrating the rich diversity of people in the world and providing them with a mirror to their own lives or a window into other lives.

Every child's path to literacy is different and valid - just like their identity. The experiences in these booklets aim to support you and your child along their unique journey to literacy and a positive sense of self. **Remember to have fun along the way!**

Credits

Objects

- *Panther Free Food Program. Children Prepare Bags of Food for Distribution at the Oakland Coliseum at the Black Panther Community Survival Conference, Oakland, California, March 1972* by Stephen Shames, March 1972. Collection of the Smithsonian National Museum of African American History and Culture, © Stephen Shames. [2014.123.8](#)
- Pinback button for the Black Panther Party, late 1960s. Collection of the Smithsonian National Museum of African American History and Culture, Gift of Ellen Siegel. [2012.28.2](#)
- *Free Clothing Program, A Boy Tries on a Coat at a Party Office, Toledo, Ohio, 1971* by Stephen Shames, 1971. Collection of the Smithsonian National Museum of African American History and Culture, © Stephen Shames. [2014.123.3](#)
- *Doctor Examines Baby at Health Clinic Run by the Black Panther Party, Chicago, Illinois, 1970* by Stephen Shames, 1970. Collection of the Smithsonian National Museum of African American History and Culture, © Stephen Shames. [2014.123.7](#)
- Photographic slides of the Poor People's Campaign by Robert Houston, May 21, 1968 - June 23, 1968. Collection of the Smithsonian National Museum of African American History and Culture, © Robert Houston. [2015.245.52](#), [2015.245.15](#), [2015.245.198](#)
- *Children Studying* by Alexander Alland, 1940. Collection of the Smithsonian National Museum of African American History and Culture, © Alexander Alland Jr. [2010.38.1](#)
- Desk from the Hope School, 1925-1954. Collection of the Smithsonian National Museum of African American History and Culture, Gift of the Hope School Community Center, Pomaria, SC. [2010.22.6](#)
- *A Booker T. Washington School (The Negro American Series Book Three)*, 1938. Collection of the Smithsonian National Museum of African American History and Culture, Gift of the Drumright Historical Society Museum, Drumright, Oklahoma, © Feb. 19, 1938. [2015.214.3](#)

Original Artwork

- Bluebird (cover); City park (page 2) © 2018 Art by Keturah Ariel LLC