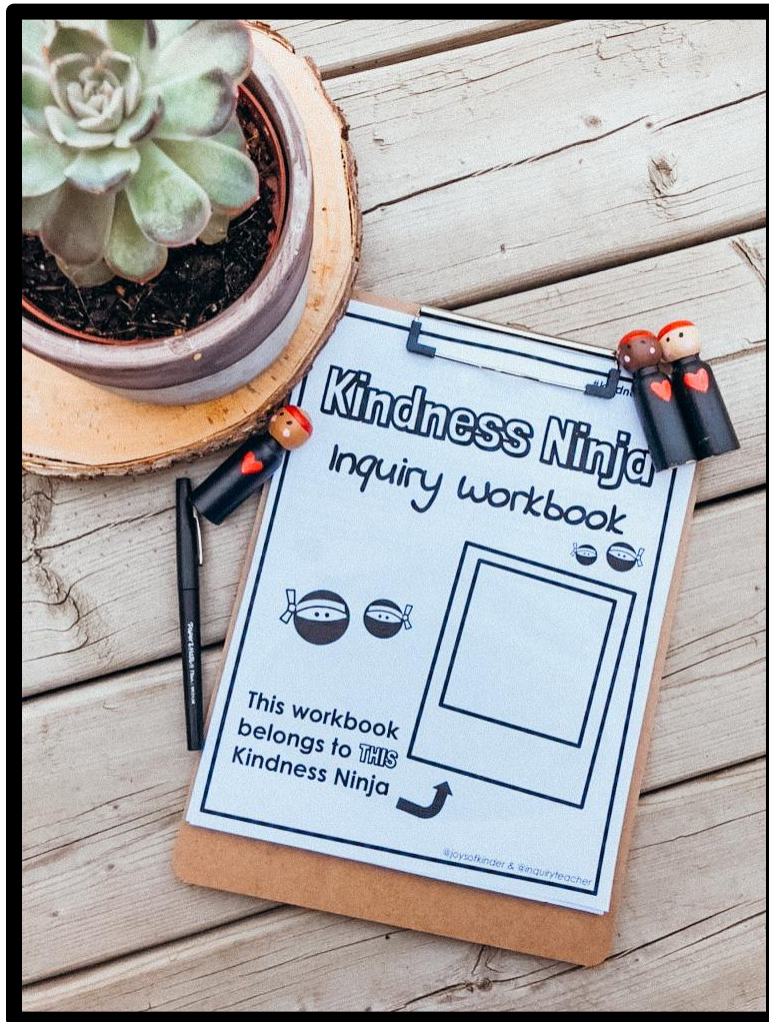
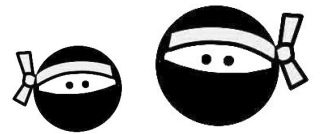


#kindnessninjas

Kindness Ninja

Inquiry workbook



Created by
Allie Apels & Rebecca Bathurst-Hunt

@joysofkinder & @inquiryteacher

Welcome, Educator!

Hi there!

Thank you for taking this kindness inquiry journey with your learners. We are so appreciative of everything educators are doing right now during this challenging time. We have created this workbook with the intention for it to accompany teaching during a season that needs more kindness, love and space for reflection. We hope that you see it as timely, manageable and perhaps inspiring during a phase of teaching that feels unknown and at times worrisome.

We have designed this **Kindness Ninja Inquiry Workbook** as a place for learners to consider their actions, curiosities and questions. Our workbook provides a guided inquiry approach to supporting children in uncovering their feelings, ideas and ways to spread kindness through questions.

We set out by inviting them to learn about being a Kindness Ninja and creating a 'Kindness Ninja Inventory'. This has them consider who they are as individuals and sets the stage of using an *Inquiry Mindset* as they approach this workbook. Our dream is to have them understand their feelings are valid, their voice matters and their questions, curiosities and ideas are **needed** in our world.

We share the Kindness Ninja Sketchnote to help create an understanding of how when we are kind to ourselves, there is a ripple effect of kindness into our lives. We begin to understand how kindness ripples from ourselves, into our homes, classrooms, schools, community, and the world.

Each page connects to one of the kindness ripples and is guided with an open ended question to provoke deep thinking and connections to kindness. Our hope is that every child approaches this workbook in their own way. Each Kindness Ninja Inquiry Workbook may appear to be the same, with questions and graphic organizers, yet our intention is that once a child begins to reflect, consider kindness and plan, it will become a unique and individualized space for them. We have designed this workbook to encourage authenticity, to be a vessel for creativity and voice, and overall to inspire our children to consider themselves as kind beings who **WILL** make a difference.

We would love to see and hear how you are using the workbooks in action. We are excited to witness how children are interacting and considering our questions, and how their kindness ideas and plans are evolving. Please hashtag **#kindnessninjas** in your posts and tag **@inquiryteacher** and **@joysofkinder**.

With love and kindness,

Allie Apels & Rebecca Bathurst-Hunt

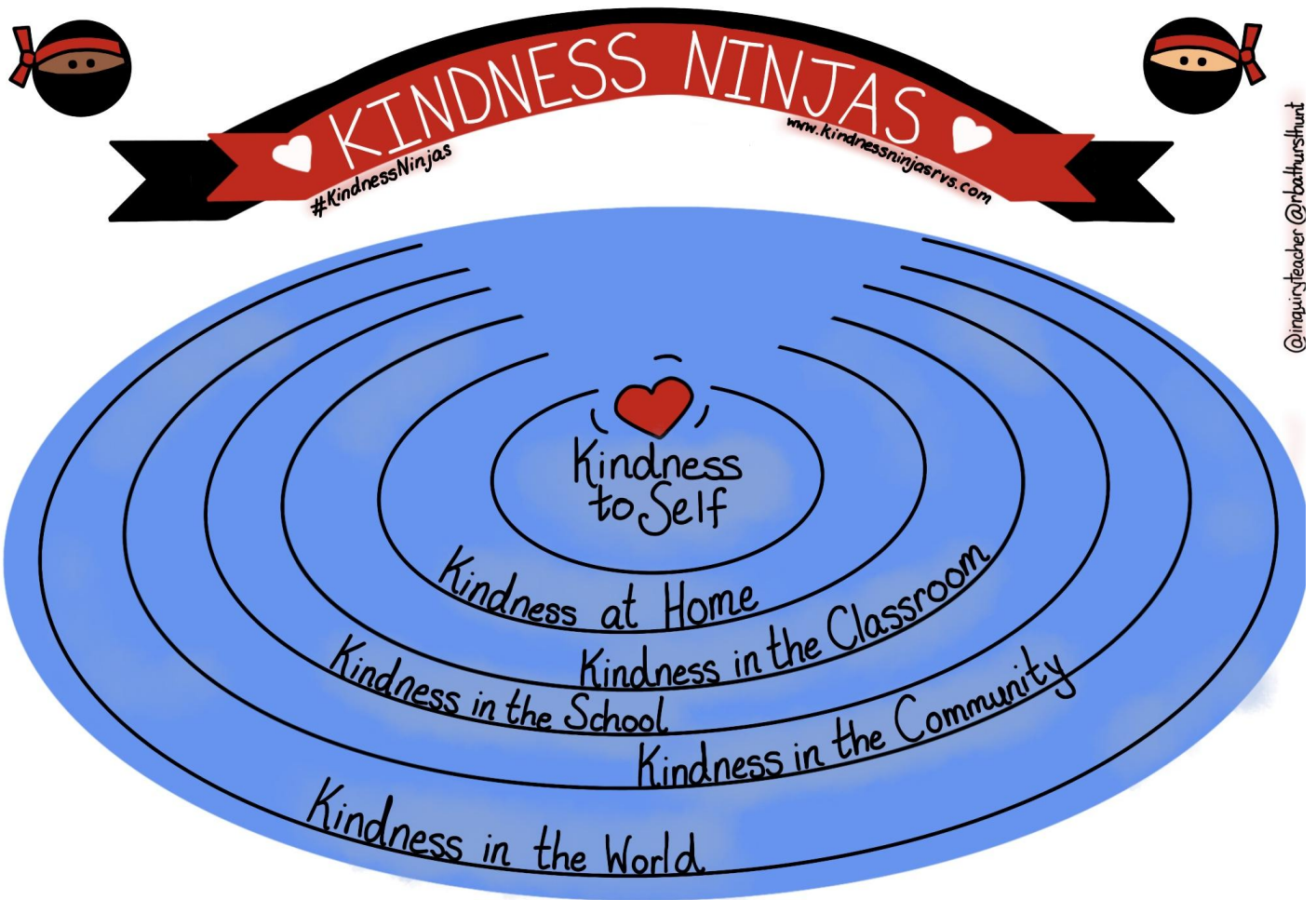
@joysofkinder & @inquiryteacher

Kindness Provocations

Here are some curated provocations you may choose to use to provoke thinking, curiosity and connection to Kindness with your learners. These are some of our favourite ways to inspire our learners to use their voices and actions to create an impact in our world through kindness. We hope you find them useful and uplifting.

This sketch is interactive and linked with curated provocations. Please click on the words to be taken to a video clip to provoke thinking for that ripple.

For example, click on 'Kindness to Self', to see the provocation for that ripple.

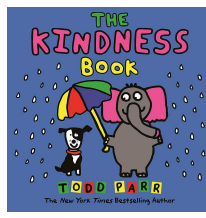
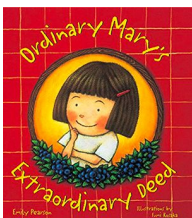


@inquiryteacher @barthursstunt

@joysofkinder

@MrsApelsKinder

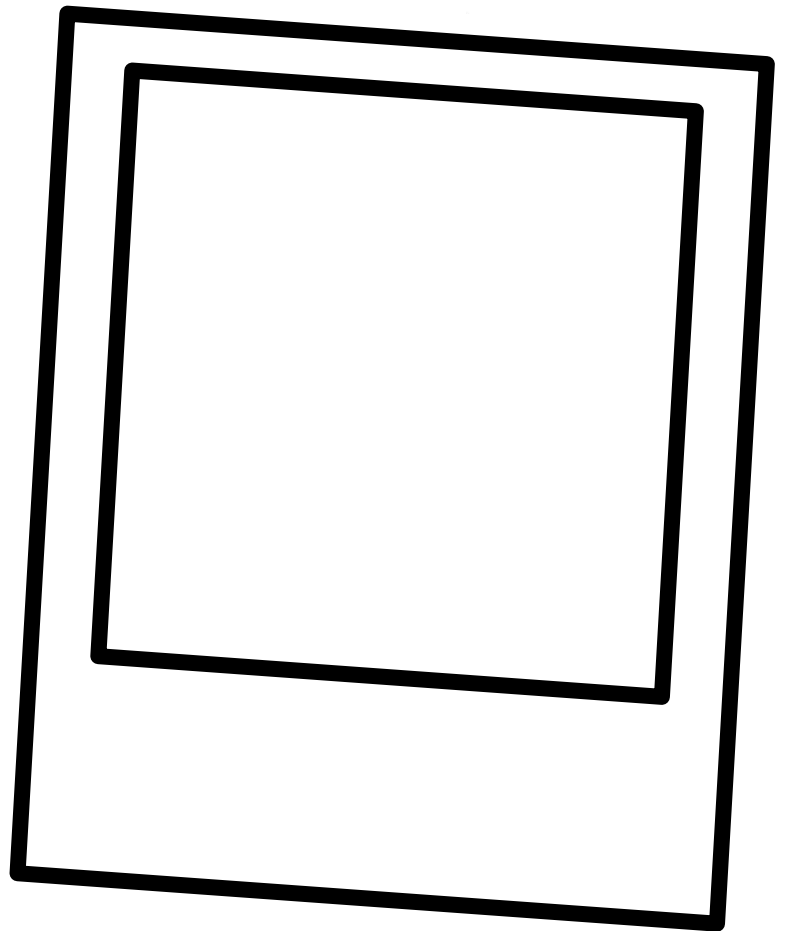
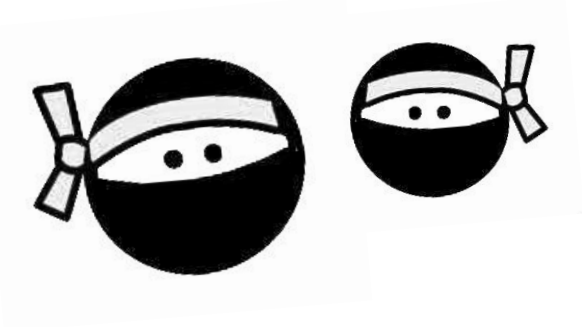
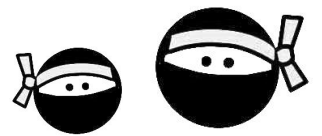
Here are some of our favourite picture books to use as kindness provocations.



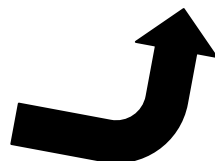
@joysofkinder & @inquiryteacher

Kindness Ninja

Inquiry workbook



This workbook
belongs to **THIS**
Kindness Ninja



Welcome, Kindness Ninja!

We're so glad you are here! Thank you for joining the **Kindness Ninja Movement**. We are so thrilled to be a part of your journey towards making our world a better place. We encourage you to think with an *Inquiry Mindset*, consider your interests, and to use your voice to share your kindness ideas and plans.

We hope that our questions guide you to think about how you can spread Kindness. We will begin with ourselves and then focus on having kindness ripple into our homes, classrooms, schools, communities, and our world.

We suggest you keep this book to look back on. One day it might spark more questions, thoughts and acts of kindness. We hope you can use it as a guide to put your kindness plans into action!

We would love to see your workbooks in progress! Please hashtag #kindnessninjas in your posts and tag @inquiryteacher and @joysofkinder.



@inquiryteacher @boathursthunt





The Kindness Ninja Pledge

I pledge to myself,
On this very day,
To try to be kind,
In every way.

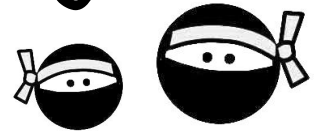
To every person,
Big or small,
I will help them,
If they fall.

When I love myself,
And others, too,
That is the best,
That I can do.

For I am a Kindness Ninja,
That is true!
My mission is to spread LOVE,
To all of you!!!

Kindness Ninja Inventory

who are you?



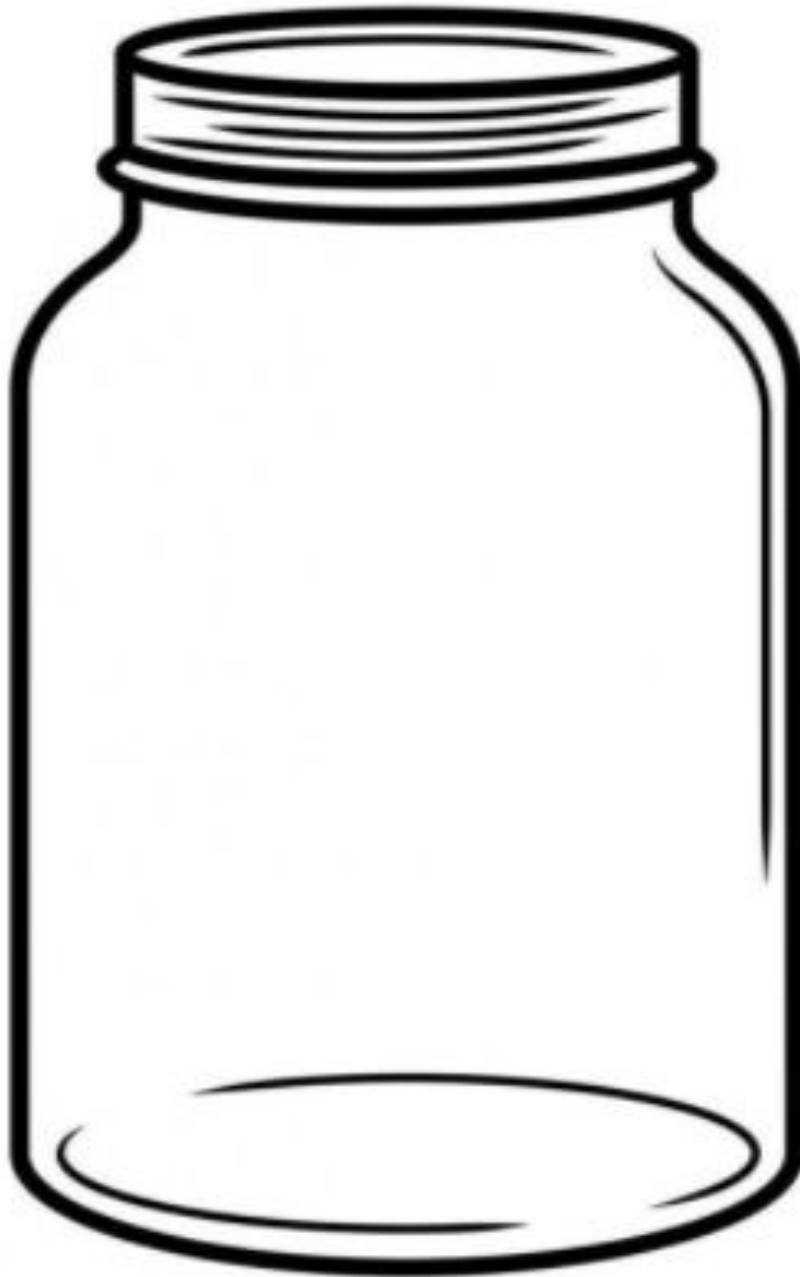
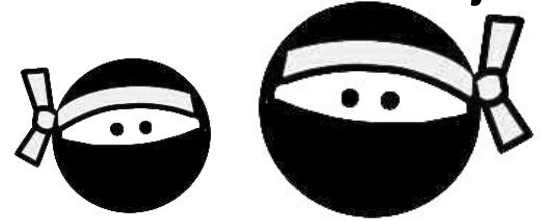
What do you
love to do?

What are you
curious about?

What would you like
to say to the world?

#kindnessninjas

WHAT ARE YOU
grateful for?



What is in your
gratitude jar
today?

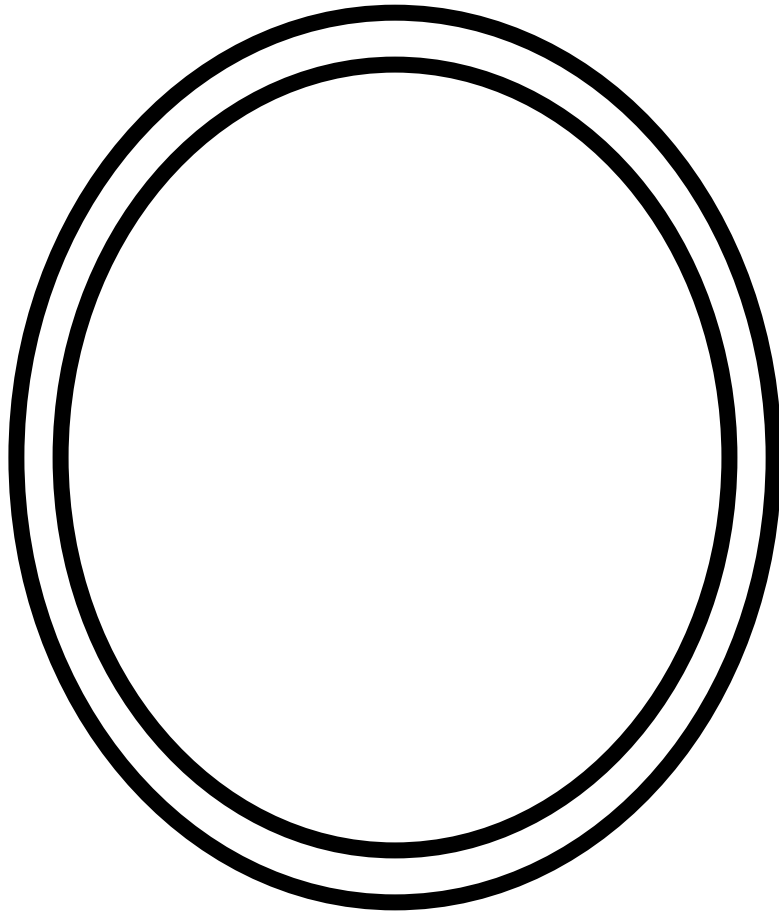
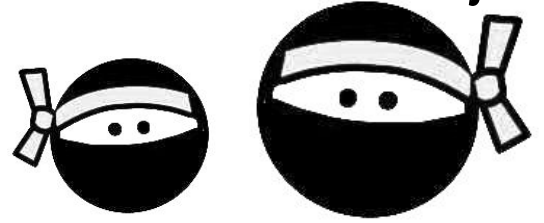
Draw and label
3 things that you
are grateful for
in this jar.

*I can be kind to myself by reflecting on the people,
places and things that I am grateful for.*

@joysofkindergarten & @inquiryteacher

#kindnessninjas

HOW CAN YOU compliment yourself?

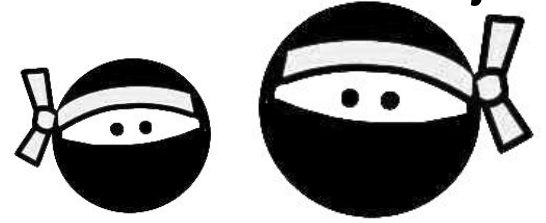


Draw your reflection
in the mirror. What
are 3 kind things you
can say to yourself?

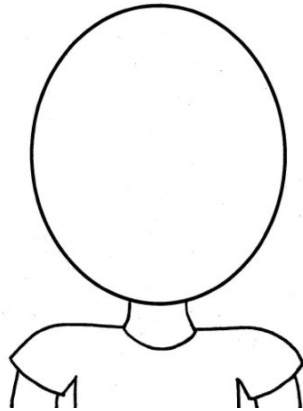
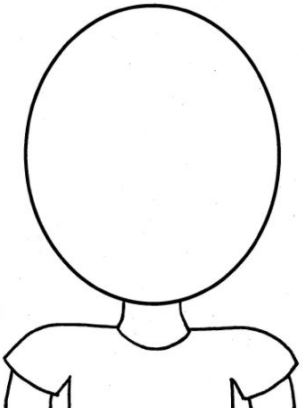
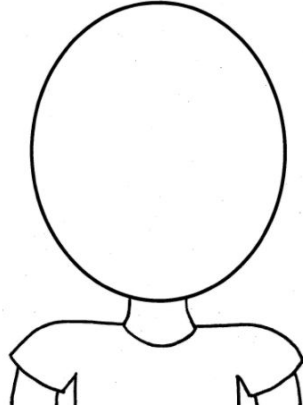
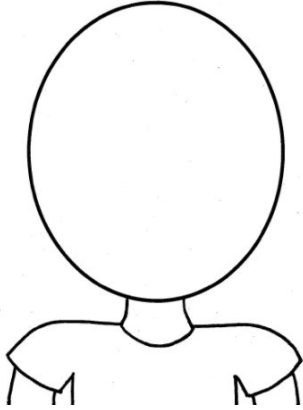
I can be kind to myself by practicing positive self talk.

@joysofkinder & @inquiryteacher

#kindnessninjas



CAN YOU pause and reflect?



Think of 4
different
emotions that
you have
recently felt.

Draw the
emotions on the
blank faces and
label them in
the box below.

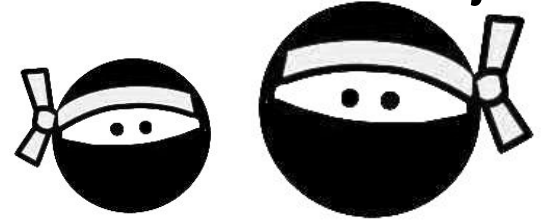
Challenge: Close your eyes. Take 5 deep, mindful breaths. Don't forget to use big inhales and long slow exhailes. Take a moment to notice how your body feels. What emotion(s) are you feeling now?

I can be kind to myself by recognizing and acknowledging my emotions and by taking deep breaths.

@joysofkinder & @inquiryteacher

HOW CAN YOU listen mindfully?

#kindnessninjas



Sit outside in your own space for 5 minutes. Everytime you hear a bird chirp, add a tally mark to the box.

I heard  birds.

Can you reflect on what it looked like and felt like to listen mindfully?

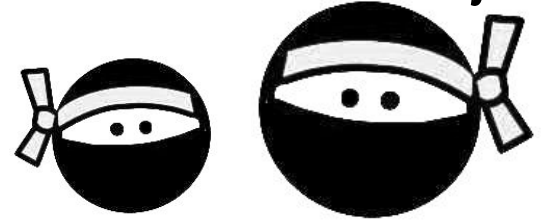
I can be kind to myself by connecting to nature and being in the present moment.

@joysofkinder & @inquiryteacher

WHAT CAN YOU DO

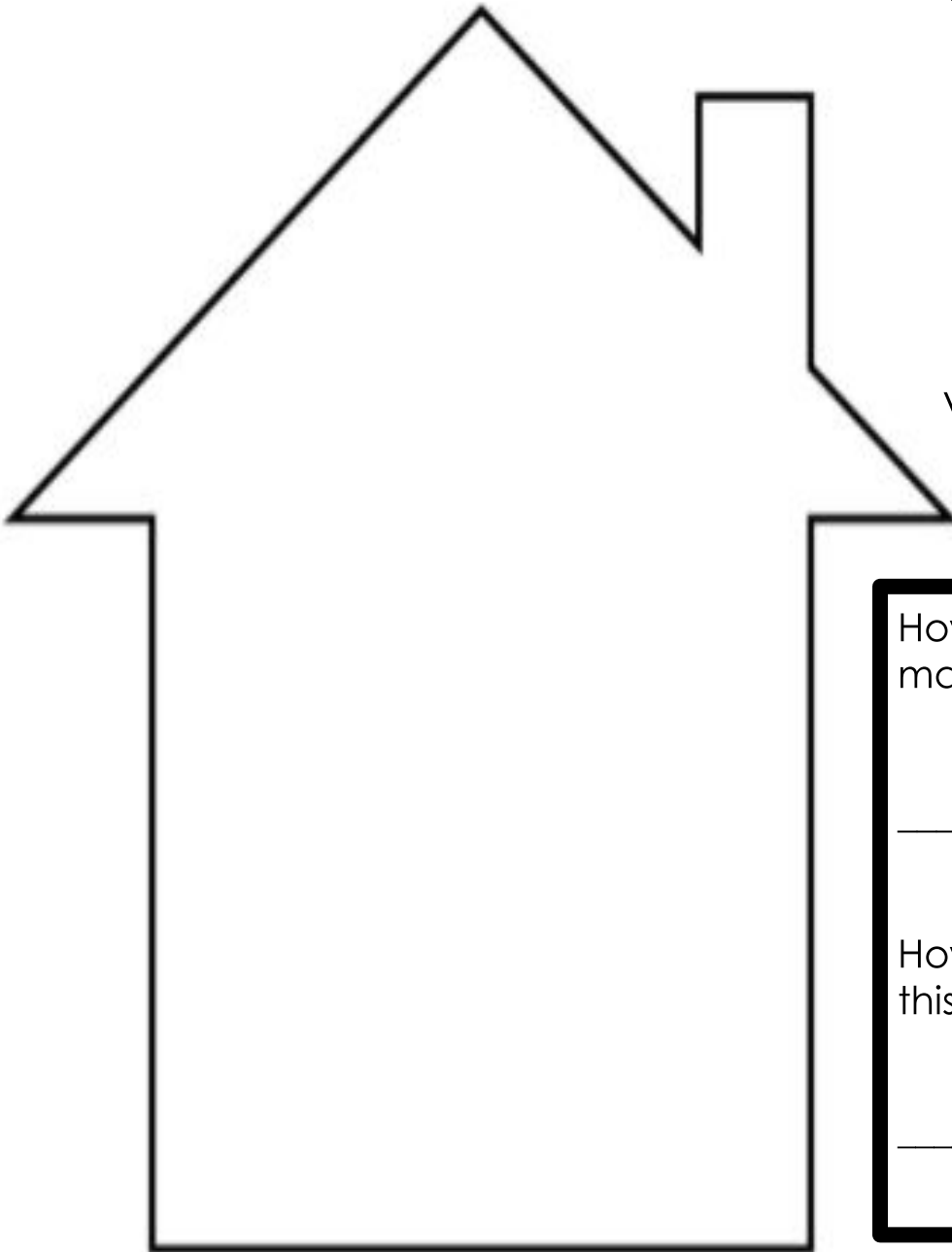
to be helpful at home?

#kindnessninjas



Plan a sneaky act of kindness for your family. How can you take responsibility and be helpful around your home?

Draw a picture of you taking on a job without being asked.



How do you think this will make your family feel?

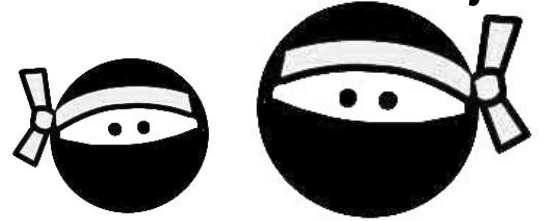
How will you feel by doing this?

I can be kind to family by helping around the house.

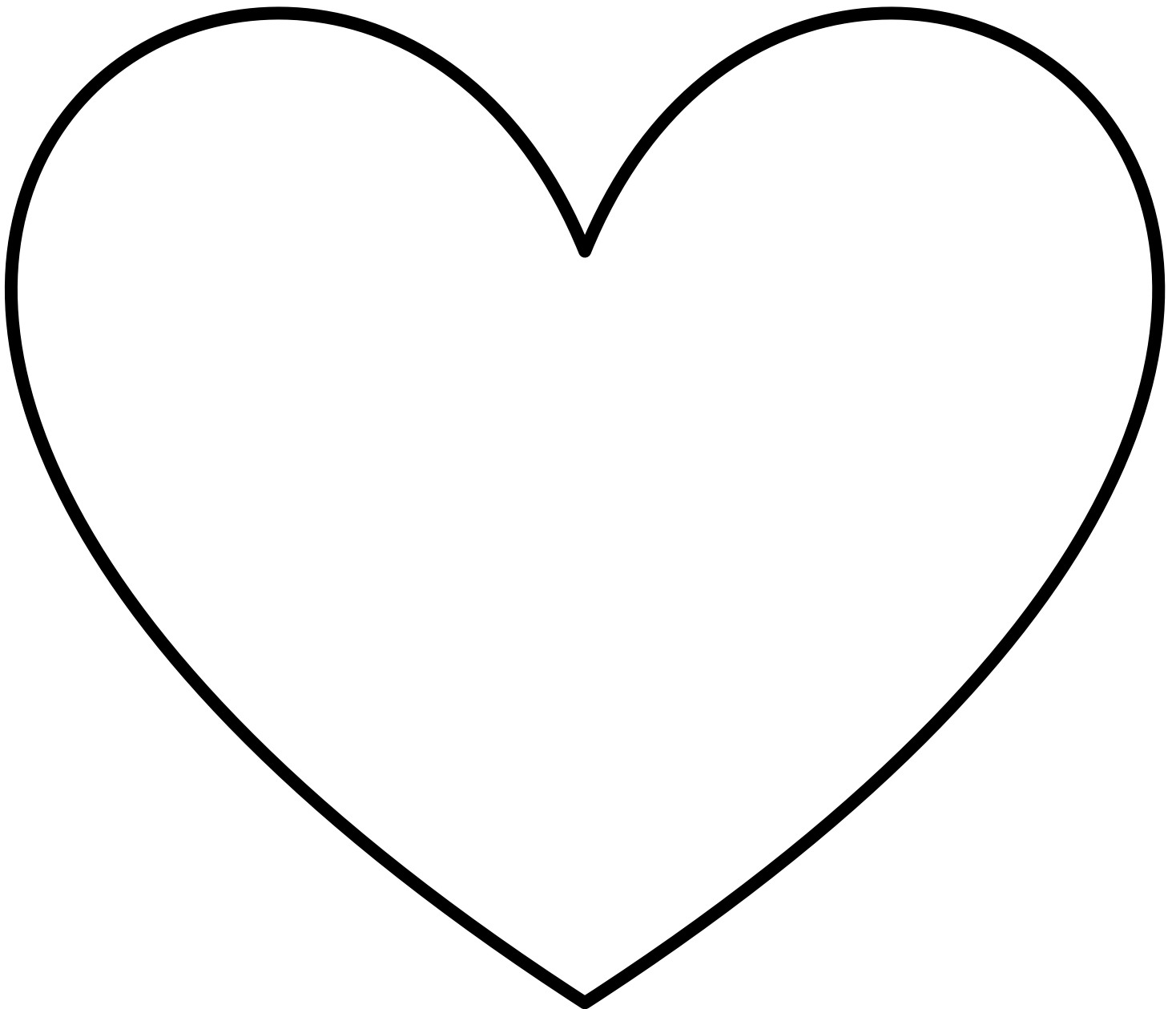
HOW CAN YOU

use words of appreciation?

#kindnessninjas



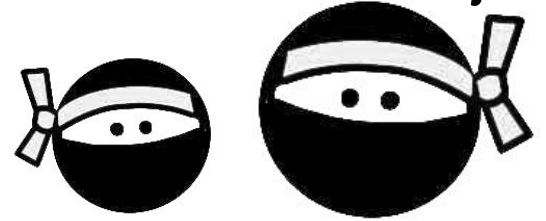
How can you use kind words to show your appreciation? What words might you use to show love and kindness to your family? Fill this heart with words of appreciation.



I can be kind to my family by using words of appreciation.

HOW CAN YOU

#kindnessninjas



help others to feel seen
and loved?

What will this sound
like?

Think of a classmate.
What might you say
and do, from a safe
distance, to make
them feel loved and
special?

What kind words
might you use?

What will this look like?

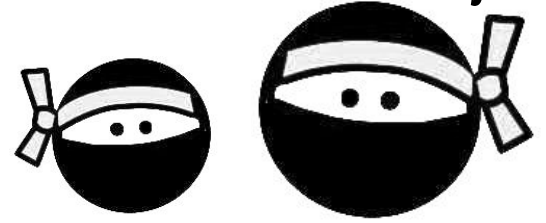
***I can use kind words and gestures to make my
classmates feel loved and seen.***

@joysofkinder & @inquiryteacher

HOW CAN YOU

#kindnessninjas

bring a smile to someone's
face?



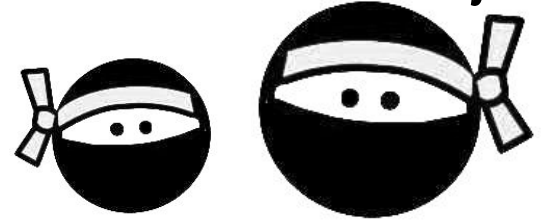
Consider your classmates, what would make them smile or laugh? Can you create a joke or funny sentence that you could share with them?

A large, empty speech bubble shape with a thick black outline, intended for students to write their responses to the prompt above.

I can be kind to my classmates by making them smile and laugh.

@joysofkinder & @inquiryteacher

#kindnessninjas



WHAT COULD YOU
create outside that
will bring other children
joy?

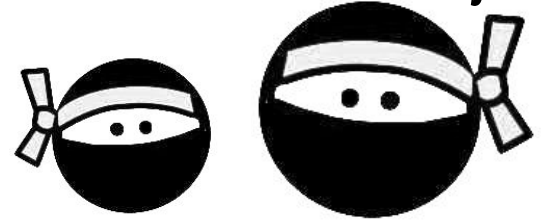
Design and draw something
you think will bring joy to
other children outside.
Label your design.



*I can be kind to others by sharing my creative ideas to
spread joy.*

@joysofkinder & @inquiryteacher

#kindnessninjas

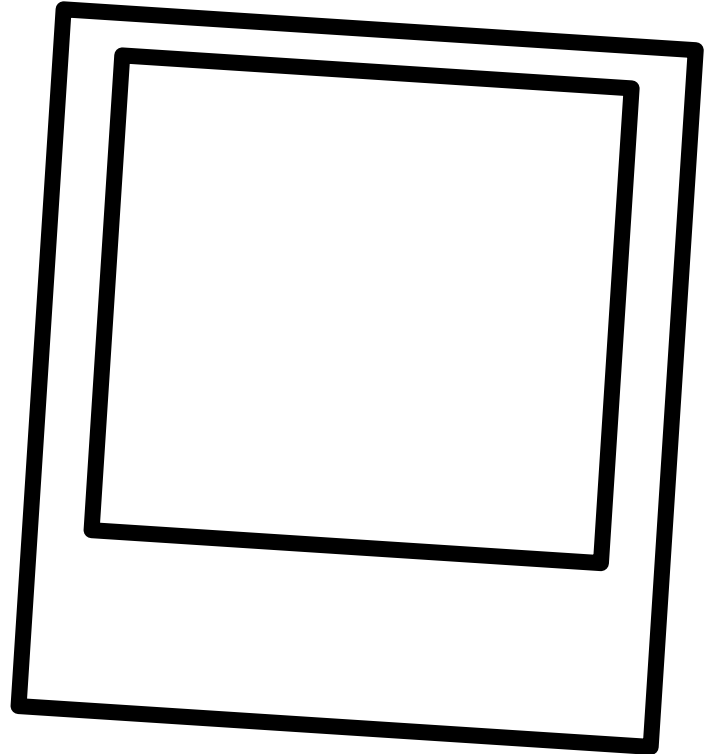


HOW CAN YOU

show gratitude to school
helpers?

Who is helping in your
school building? Draw
them in the polaroid
and print their name.

What can you do or
create to show
gratitude and thank
them?

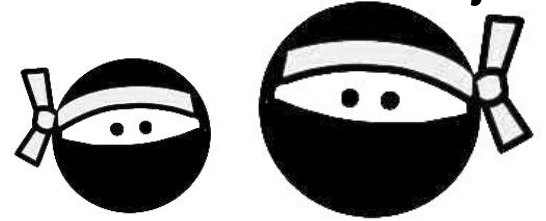


Draw your plan here.

***I can be kind to others in my school community by
expressing gratitude and words of thanks.***

@joysofkinder & @inquiryteacher

#kindnessninjas



HOW CAN YOU be a leader of change?

How might you use your voice to inspire other students in your school to be kind? If you were to hang a banner in the school, what would it say?

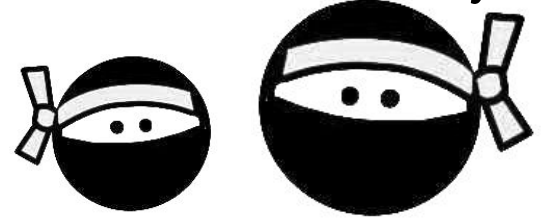


How might you model and inspire other students in your school to be kind?

I can be kind to my school community by using my voice to share out messages of inspiration and kindness.

@joysofkinder & @inquiryteacher

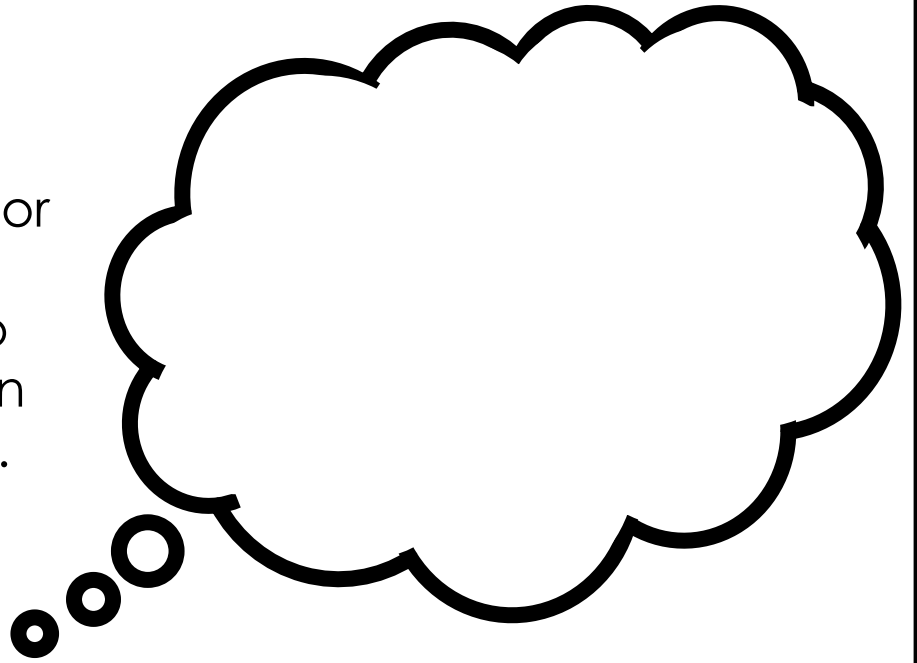
#kindnessninjas



HOW CAN YOU

show gratitude to a helper?

Who has helped you or your family lately? Use your memory to draw them helping in this thought bubble.

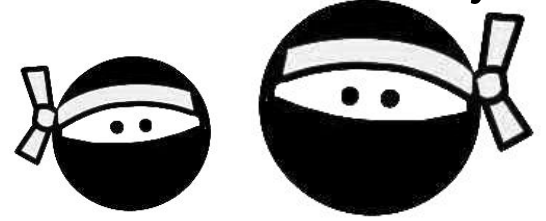


How might you show gratitude towards this helper? What could you do or create?

I can be kind to my community by showing gratitude.

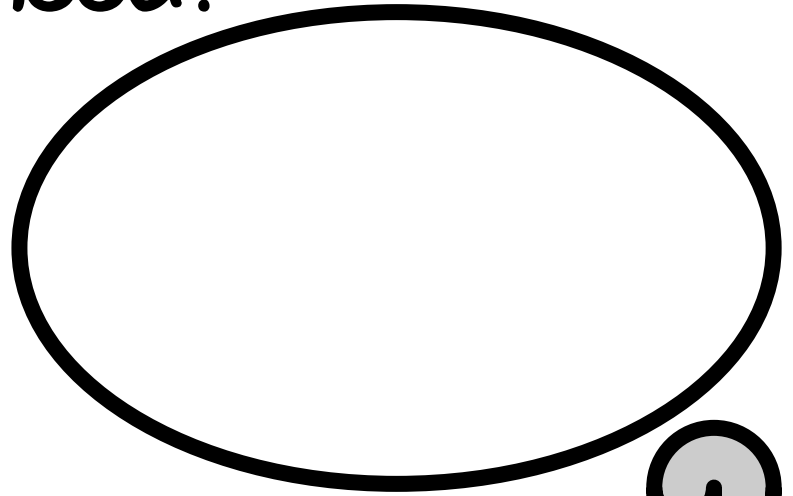
@joysofkinder & @inquiryteacher

#kindnessninjas



HOW CAN YOU sprinkle kindness in your neighbourhood?

What could you create
to spread love to a
random community
member?



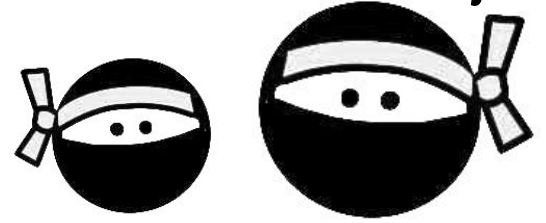
Draw a picture of your
creation.

Where would you leave the gift for someone to find?
Draw a community map below and mark the spot with an X.

***I can be kind to my community by using my ideas to
spread kindness through a plan of action.***

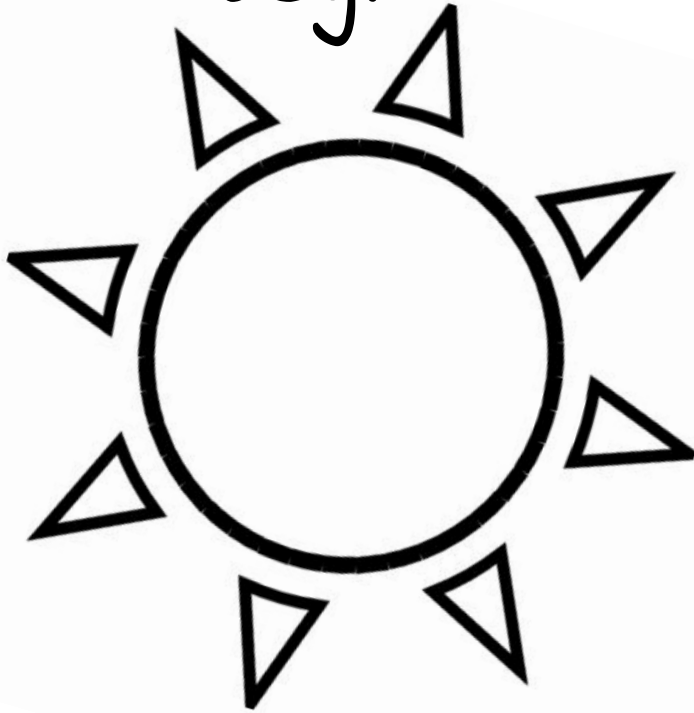
@joysofkinder & @inquiryteacher

#kindnessninjas



HOW CAN YOU

brighten someone's
day?



Think of someone or a group of people in your community that might be experiencing loneliness, sickness or sadness.

Write their name or draw them inside the sun.

What would you make or do for them to lift their spirits and make them feel less alone?

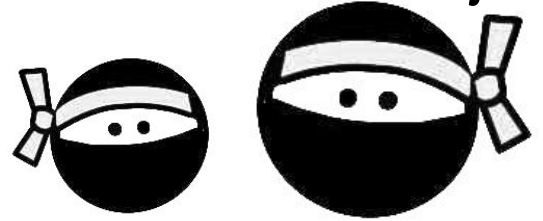
I can be kind by showing empathy towards community members.

@joysofkinder & @inquiryteacher

WHO INSPIRES

you to be a changemaker?

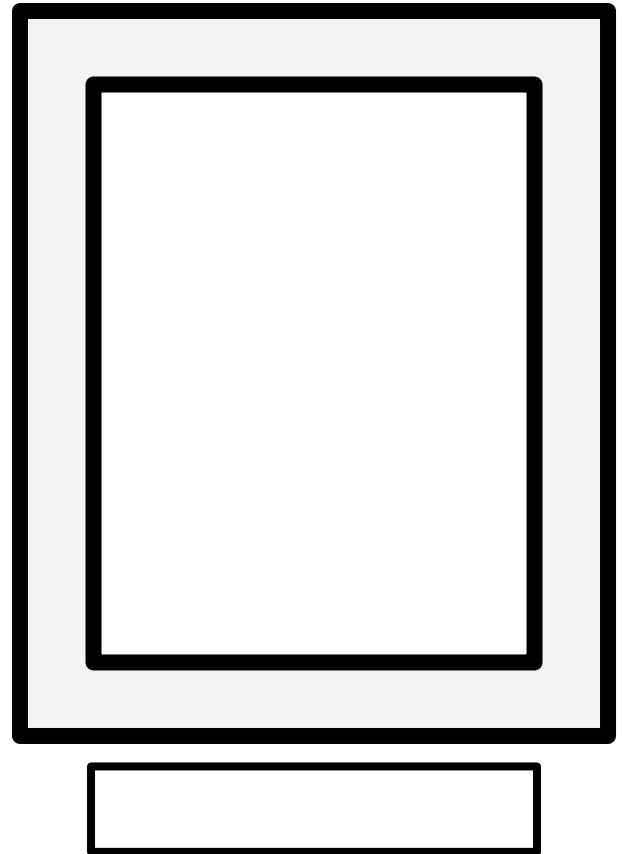
#kindnessninjas



Kindness Ninjas are always looking for individuals, young and old, that are doing amazing things to make our world a better place.

Can you find any examples of a child doing something remarkable that's making a difference in our world?

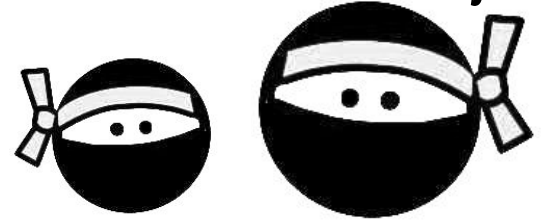
Draw them in the frame and write their name in the box below.



Reflect on the impact this child or children are making.

I can celebrate and honour the work of others who are being kind. @joysofkinder & @inquiryteacher

#kindnessninjas

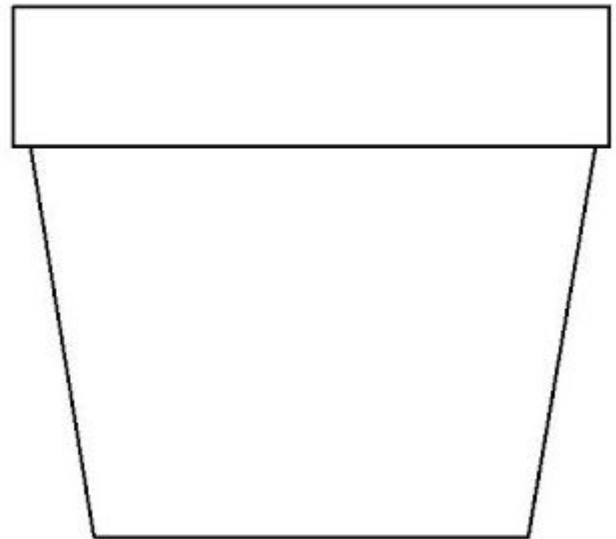


WHAT COULD YOU

do that would be
beneficial to living things?

Draw and color
something you could
plant in this pot to
help a living thing.

I planted this to help...



What are some more of your ideas of how we can help living beings?

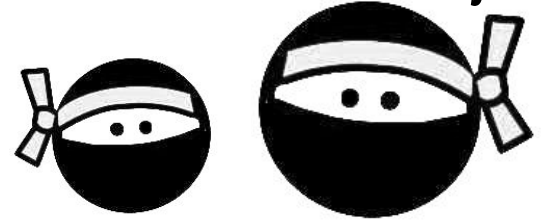
***I can be kind to the Earth and all that live here, by
growing plants, trees and flowers.***

@joysofkinder & @inquiryteacher

#kindnessninjas

HOW WILL YOU

spread positivity throughout
the world?



How would you like to spread positivity and kindness throughout our world? Who would you like to spread kindness to?

Draw or write your choice on the globe.



What is your plan to spread positivity? What might you do?

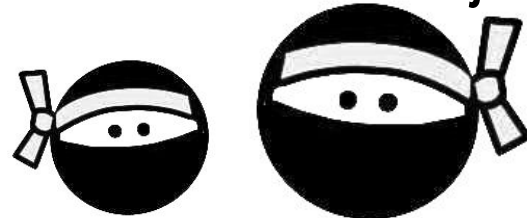
I can spread positivity and kindness throughout the world by considering the needs of others and places.

@joysofkinder & @inquiryteacher

HOW ELSE WILL

you be kind?

#kindnessninjas



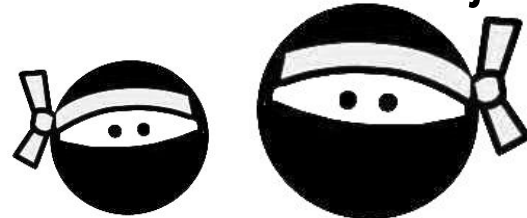
I can use my own ideas to be kind.

@joysofkinder & @inquiryteacher

HOW ELSE WILL

you be kind?

#kindnessninjas



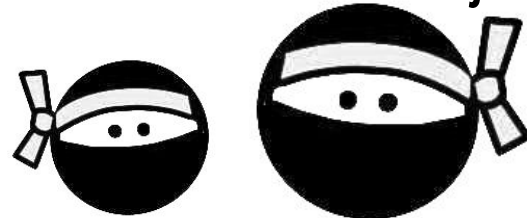
I can use my own ideas to be kind.

@joysofkinder & @inquiryteacher

HOW ELSE WILL

you be kind?

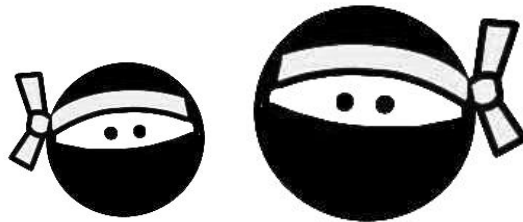
#kindnessninjas



I can use my own ideas to be kind.

@joysofkinder & @inquiryteacher

**For I am a Kindness Ninja,
That is true!
My mission is to spread LOVE,
To all of you!!!**



**Thank you, Kindness Ninja.
We love YOU!**