



Kindness Cards

Specific words that help children notice kindness



All Ages • Social Emotional Learning

16-page printable collection • 2026 Edition • Version 2.1

Free for personal and single-classroom use



Pencil & Pebble | Kindness Cards

1 of 16



Quick Start

A practical setup guide for adults.



1. Watch for something real

Choose a specific action instead of general praise.



2. Name the action

Say what happened: "You moved over so someone could join."



3. Name the effect

Explain how the action helped another person or the group.



4. Offer the card

Give it privately or invite the child to pass kindness forward.



Keep it simple

The cards are strongest when they describe what truly happened.
They are not rewards or behavior points.





Printing & Reuse

Choose the setup that fits your home or classroom.



Print and cut

Use cardstock for sturdier cards.
Cut along straight outside borders;
no rounded trimming is required.



Use at home or school

Keep several cards near a desk,
family calendar, or classroom
supply area.



Stay genuine

Do not force children to give cards.
Adults can model using them first
with specific, honest messages.



Recommended print settings

US Letter • 100% / Actual Size •
portrait orientation. Test one page on
regular paper before using cardstock,
lamination, or a dry-erase sleeve.





Kindness Cards

Cards 1-4: write one specific detail.



“Thank you for sharing with me.”

What happened?



“You made space for someone to join.”

Who did it help?



“I noticed you helping someone.”

What detail did I notice?



“Your kindness made today brighter.”

How did it change the moment?





Kindness Cards

Cards 5–8: write one specific detail.



**“You waited patiently
for your turn.”**

What happened?



**“Thank you for taking
time to care.”**

Who did it help?



**“Your comfort helped
someone feel safe.”**

What detail did I notice?



**“You looked out for
someone smaller.”**

How did it change the moment?





Kindness Cards

Cards 9–12: write one specific detail.



“You help kindness grow.”

What happened?



“You make our community warmer.”

Who did it help?



“Your encouraging words helped.”

What detail did I notice?



“Together, we make a caring team.”

How did it change the moment?





Notice Kindness

Describe what you saw without guessing feelings.



I saw...



It helped because...



One detail I want to name...



I can say...



Small details make learning visible.





Write a Meaningful Compliment

Focus on effort, choices, or impact—not appearance.



The person...



The action or effort I noticed...



Why it mattered...



My complete message...



Small details make learning visible.





Kindness at Home

Small contributions count.



- ☐ Invite someone to join.



- ☐ Help without being asked.



- ☐ Thank someone specifically.



- ☐ Share a favorite item.



- ☐ Listen without interrupting.



- ☐ Leave an encouraging note.



- ☐ Care for a pet or plant.



- ☐ Fix a mistake kindly.



I noticed...



One thing I want to remember...







Kindness at School

Notice helpful actions in the community.



☐ Welcome someone.



☐ Share materials.



☐ Help clean a space.



☐ Encourage a classmate.



☐ Wait patiently.



☐ Include another idea.



☐ Ask before helping.



☐ Thank a helper.

I noticed...

One thing I want to remember...





Kindness in the Community



Choose safe actions with an adult.

- ☐ Hold a door for someone.



- ☐ Return something misplaced.



- ☐ Thank a worker.



- ☐ Pick up safe litter.



- ☐ Donate an item.



- ☐ Make a card.



- ☐ Help a neighbor.



- ☐ Care for a shared space.



I noticed...

One thing I want to remember...





Repair After a Mistake

Kindness includes making things right.



What happened?



Who was affected?



What I can say?



One action that may help repair it?

Small details make learning visible.



Receive Kindness

Practice noticing and accepting care.



Someone was kind when...



I noticed...



I can respond by...



I may pass it forward by...

Small details make learning visible.



7-Day Kindness Challenge

One small action each day.

☐

Day 1

☐

Day 2

☐

Day 3

☐

Day 4

☐

Day 5

☐

Day 6

☐

Day 7

I noticed...



One thing I want to remember...







Kindness Ripple

Show how one action can affect more people.



The first kind action...



The person it helped...



What happened next...



How the ripple continued...





Kindness Reflection

Look back without scoring or comparing.



A kind action I am proud of...



Kindness I received...



Something I learned...



One action I want to continue...



Small details make learning visible.

