



Kind Kids CAN!

Even young children can make a big difference in our community. This collection of early childhood classroom activities shows your students how to be good friends and good neighbors--and how to help hungry families in our area.





Start With a Song

(Sing to the tune of "London Bridge Is Falling Down")

Kind Kids can say, "Be my friend," "Be my friend," "Be my friend."
Kind Kids can say, "Be my friend." Kind Kids can help

Kind Kids can say, "You go first," "You go first," "You go first."
Kind Kids can say, "You go first." Kind Kids can help

Kind Kids can say, "I will share," "I will share," "I will share."
Kind Kids can say, "I will share." Kind Kids can help

Kind Kids can help feed our town, feed our town, feed our town.
Kind Kids can help feed our town. Kind Kids can help

Tip: If you have a particular situation in your classroom, such as pushing, add another verse to address that issue and reinforce the acceptable behavior.



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Make a Meal

Every child has heard their tummy grumble. But sadly, some children in our own community experience persistent hunger for various reasons-- their family doesn't have enough money for food, a parent isn't at home to make food, or a parent is sick and can't make food.

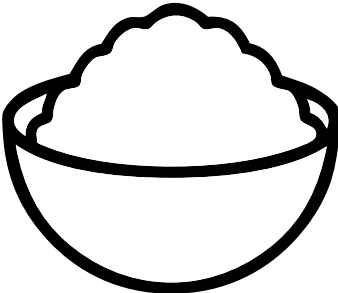
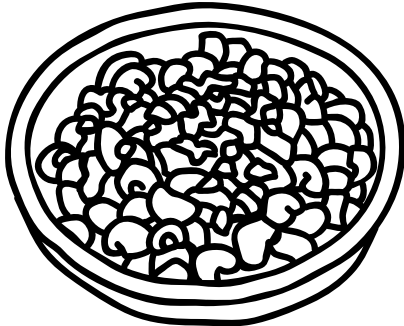
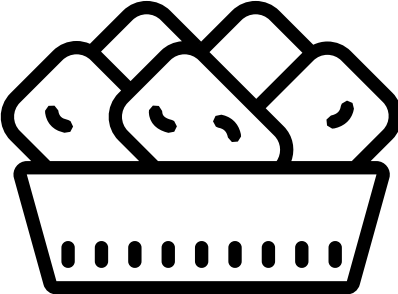
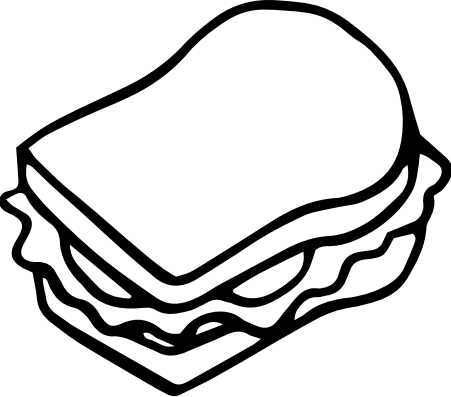
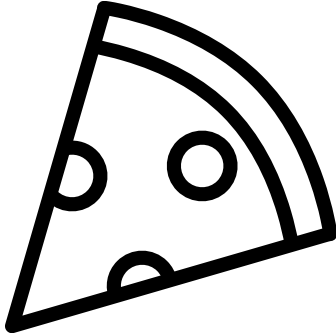
Give each child a copy of the food cards on the next pages. Invite them to color the cards, cut them apart, and combine the cards in different ways to make their favorite meals. Discuss that a meal should have fruits, vegetables, proteins, fiber, and water, along with fats. Have children glue their favorite meals to a piece of construction paper or a plain white paper plate and display these in your classroom under the heading "Meals That Make Us Smile."



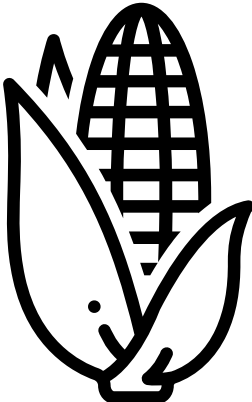
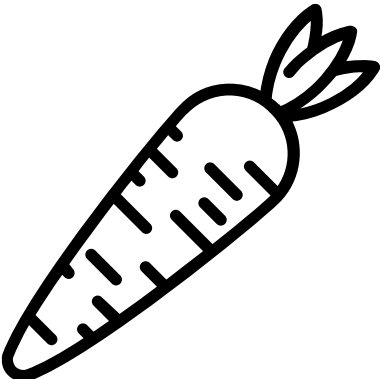
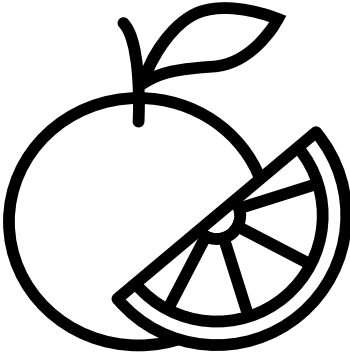
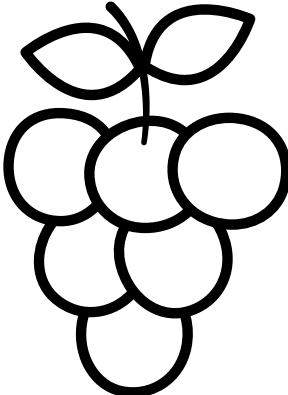
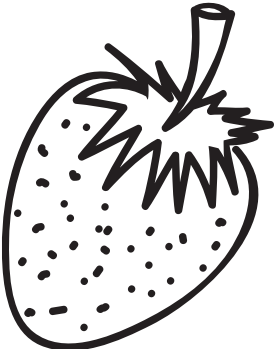
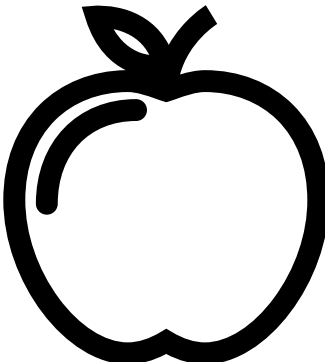
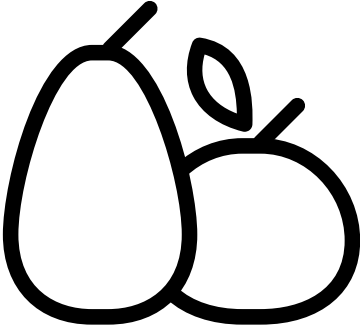
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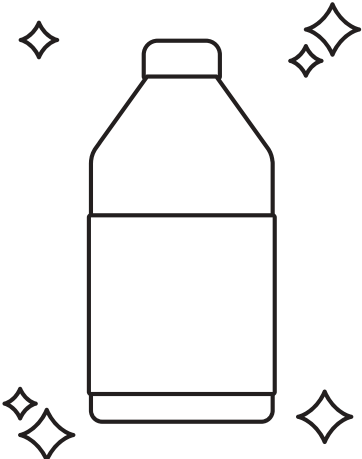
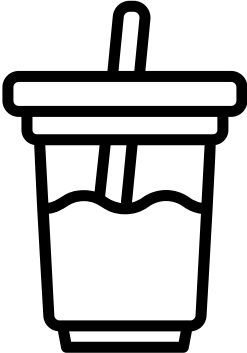
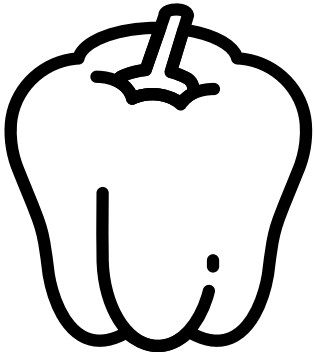
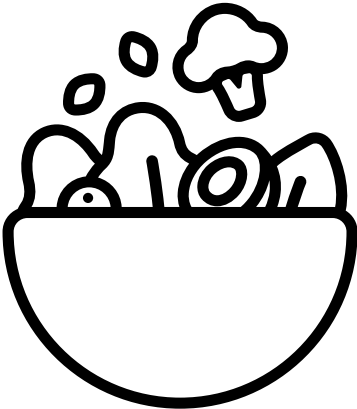
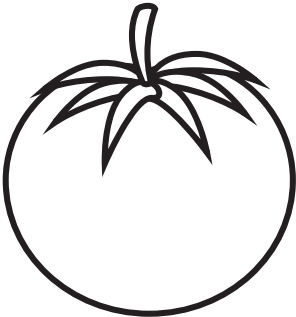
Color or draw your favorite foods



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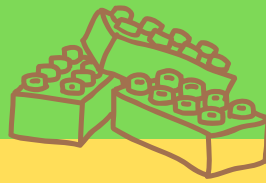
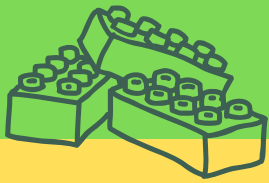
Color or draw your favorite foods



Draw your favorite

Draw your favorite

Draw your favorite



Donating Food for Those in Need

Show kids how, if we all work together, we can help make sure children and families who are hungry get the food they need.

Choose an item you have a lot of in your classroom--Lego bricks, pennies, bingo chips, blocks, etc. (Depending on your students' ages, be sure not to use items that could be choking hazards.) Give each child one of the item. Then ask, "Do you have a lot of [Legos]?" Children will answer no, because they each only have one.

Next give each child a second one of the item and ask the question again. Children will still answer no. Repeat this until children have three or four of the item but still not enough that it feels like a lot.

Next ask children to combine their small pile of items with another child's to make a bigger pile. Then have groups combine their piles with other groups and observe that the piles are bigger. Discuss the idea that, if we each have just a few things to contribute but we work together, soon we have a lot! Then explain that that's how food donations work--if a family contributes a few cans of food and another family does the same, before you know it we have enough to help those who don't have access to healthy food.

As a finale, combine all of the items into one big pile and work together to build something special!





Box of Kindness

Place several items in a gift bag, such as a crayon, a hat, a band-aid, and a can of soup. Pull one item out of the bag and ask your students, “How could you use this item to help someone else?” Discuss students’ ideas—the crayon could be used to make a card for someone who is sick, the hat could be given to someone who is cold, the band-aid could help someone with a scraped knee, and the can of soup could help someone who is hungry.

To finish, remind children that their families can help others who are hungry by becoming food donors with A Simple Gesture. Send home a copy of the activity summary on the next page with an invitation for families to sign up.



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Dear Family,

When you look around your neighborhood or drive through town, sometimes it's hard to believe that right down the street there are children who don't get enough to eat each day. **High Point has a food insecurity rate of 18%—meaning that hunger affects about two out of every ten people.**



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Our school is participating in the Kind Kids CAN program, in partnership with A Simple Gesture. A Simple Gesture is a local nonprofit that helps keep our area food pantries stocked and provides boxes of food for pediatricians and obstetricians to give to patients and families who do not have enough food.

As part of this program, your child will be participating in activities related to kindness. Ask your child each night what activities they did and how they were kind to others today.



We'd also like to **invite you to help keep High Point food pantries stocked.** A Simple Gesture has a very simple plan for how to do this:

1. **Purchase one extra item**—for example, a can of soup or a box of cereal—each time you go grocery shopping. Add those items to a special green grocery bag provided by A Simple Gesture (they'll deliver a bag to your house when you sign up!).
2. Every other month on a designated Saturday morning, **place the full bag on your front porch or steps.** A Simple Gesture volunteers will pick up the bag, leave an empty bag for next time, and take the food directly to a local food pantry.

A Simple Gesture's green bag food donor program is perfect for busy families. Kids love choosing the can of soup or the type of pasta to put in the green bag each week, and they also love being in charge of putting the green bag out on the porch and bringing the empty green bag inside, ready to start again. It's simple and convenient.

To sign up to be a regular food donor with A Simple Gesture, visit **asimplegesture.org** or use the QR code. It's a great way to demonstrate to kids how we can all pitch in to help our community!



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Counting Kindness

Keep reinforcing the idea that small acts of kindness really add up. On your whiteboard write "Kindness Counts!" Then invite children to report acts of kindness that they see in the classroom that day. Each time, add a brief note on the whiteboard (Olivia helped Jackson tie his shoe.) At the end of the day, have students help count up the acts of kindness, then write the total big and bold on the whiteboard to celebrate your kind kids. For older students, challenge them to continue their acts of kindness the next day for an even bigger total!



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Helping Hands Art Project

Show your students that they can each play a part in helping one another with this simple art activity.

Have each child trace their hand on a piece of construction paper. Explain that their task for the day is to give someone a helping hand, which means acting with kindness to help them. Share a few examples, such as inviting another child to play, sharing a toy, taking turns without fussing, or complimenting someone who seems down. Throughout the day, remind children of their quest to give someone a helping hand. Then at the end of the day, have children draw their “helping hand” moments on their hand tracings. Display these in the classroom or have children take them home to show families how they helped!



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What Kindness Looks Like

Cut a circle from colored paper. On one side draw a smiley face and on the other side draw a sad face. Tape the circle to a popsicle stick.

During group activity time, discuss with children examples of things that are and aren't kind. Have students take turns holding the happy/sad face stick and give each child an example of a situation. Then invite the child to show the happy face if the example showed kindness or the sad face if it did not. Draw on examples of things that happen in your classroom, such as these:

- A student asks another child to play.
- A student pushes in line to go down the slide.
- A student shares her crayons.
- A student helps her grandma wash the dishes.
- A student says another child's shirt is ugly.
- A student reminds his parent to get an extra can of soup to help feed the hungry.
- A student calls another child a name.
- A student suggests donating their old clothes to a shelter.
- A student shares the last piece of cake with a family member.





The King or Queen of Kindness

Make a simple paper crown. Explain to students that each day one child will be the King or Queen of Kindness in the classroom. Their job is to model for others how to act with kindness. The King or Queen of Kindness wears the crown all day to remind themselves to act with kindness. The next day another child takes a turn. Kindness rules!



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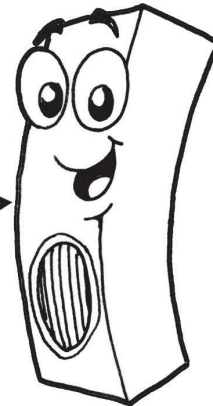
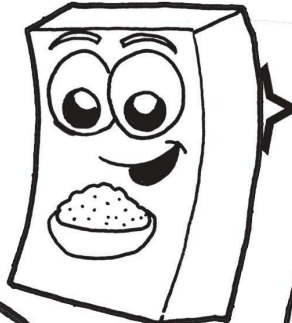
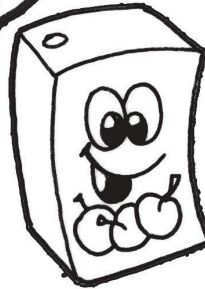
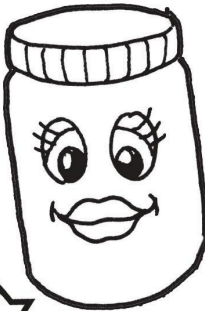
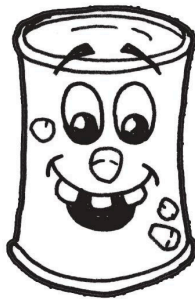
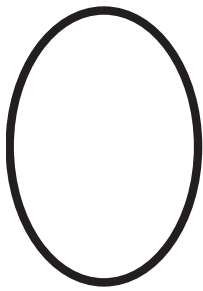


Make a copy of this coloring page for each student.

WHAT WILL YOU PUT IN YOUR GREEN BAG?

Draw arrows to show what
you will put in your green
bag.

Think of a food item that
starts with the same letter as
your first name. Draw it in
the circle.



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A Simple Gesture is a 501(c)3 nonprofit working to end child hunger in High Point and across Guilford County. Each week when our food donors grocery-shop, they buy just one extra item and add it to their green donation bag. Once their bag is full, on a designated Saturday morning donors leave their bag outside their front door, and a volunteer driver picks it up and takes it (along with lots of other bags from other families!) to a High Point food pantry that same day. Families in need can go to the pantry to get healthy foods to make sure no child is hungry.

To receive a green donation bag and become a food donor, visit asimplegesture.org.



We Have Our Green Bag!

As families learn about A Simple Gesture, celebrate their decision to become food donors. Distribute the flyer on the next page to each family in your school. As families sign up to donate food, have them send back the bottom half of the page. Display these in a prominent spot, such as your sign-in area or main bulletin board. Encourage your staff members and visitors to your school to become food donors, too!



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Help Keep High Point Food Pantries Stocked

The local nonprofit A Simple Gesture has a very simple plan for making sure our area's food pantries have full shelves, ready for those in need. And you can help!

Sign up at asimplegesture.org or use the QR code below. Then, each time you go grocery shopping, purchase just one extra item and put it in your green A Simple Gesture shopping bag. Every other month on the designated Saturday morning, place the full bag on your front porch or steps. A Simple Gesture's volunteers will pick up the bag, leave an empty bag for next time, and take the food directly to a local food pantry. *All food collected in High Point stays in High Point.*

It's a simple, convenient, and affordable family project that demonstrates to our children how we can all pitch in to help our community! Sign up today!



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Hooray for Our Food Donors!



An enthusiastic thank you to the

(fill in family name)

family, who are now A Simple Gesture green bag food donors working to keep our local food pantries stocked. Thank you for helping those in need in our community!



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High Point Food Facts and Figures

Share this important information with school staff, colleagues, friends, students' parents, and even older students in your after-school program to show how important it is to keep our food pantry shelves stocked!

- **The Greensboro/High Point area ranks #14 in the nation for food insecurity.** Food insecurity is defined as not knowing where your next meal will come from.
- According to the latest figures, **Guilford County has a 15.2% food insecurity rate—meaning about 82,000 people** don't have reliable access to enough nutritious food.
- The food insecurity rate for children in Guilford County is even higher. **22.5% of children in Guilford County don't have reliable access** to enough nutritious food. That's about 26,000 children.
- **Guilford County has 20+ food deserts**, meaning people in those areas have to travel more than a mile to get healthy foods. If you don't own a car or have access to public transportation, that can be a long walk to pick up essentials and a heavy bag to carry back!
- Childhood hunger doesn't just affect kids in the moment, it affects them for life. Hungry children have
 - significantly higher rates of **depression**
 - lower **school attendance**
 - lower **test scores**
 - high rates of **dropping out** of school
 - **are sick more often** and more likely to be hospitalized
 - lower lifetime **wages**
 - higher rates of **incarceration**
 - for girls, more **high risk pregnancies** later in life



These statistics are scary, but we can all help. Keeping food pantry shelves stocked helps families working low-wage jobs, families dealing with medical crises, senior citizens paying for expensive medicines, people who are newly unemployed, grandparents raising grandchildren, and so many others.

Sign up to fill a green bag with nonperishable food every other month. Remember, A Simple Gesture will pick it up on your doorstep!

Visit www.asimplegesture.org/green-bag-program



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A Big THANK YOU!!!

Thank you for sharing information about hunger in our area with students' families and alerting them to the opportunity to donate food every other month through A Simple Gesture.

We truly appreciate your partnership and your support of the community! We'd be happy to feature your school on our social media and to give you a shout-out in thanks for your participation. (Of course we'll follow your guidelines as far as whether it's permissible to show students, etc.)

If you haven't had a chance to include all of these activities, here are great times of the year to incorporate them into your lessons:

- **September: Hunger Action Month**
- **November: Being Thankful**
- **December: Caring for Our Neighbors**
- **January: MLK Day of Service**
- **February: Showing Our Love/Valentine's Day**
- **March: National Nutrition Month**
- **April: National Volunteer Month**
- **June: Hunger Awareness Month**

Please follow us on social media and keep in touch for new ways we can work together! Need additional copies of this curriculum? Let us know! You'll find us at:

Facebook: @ASimpleGestureGSO

Instagram: a_simple_gesture_gso

Email: asimplegesturegso@gmail.com



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