

# Radiate Kindness with CFR

Studies show there are FIVE key things that you can do with your young child that will help them be ready for kindergarten. Try out these activities and have fun!



## 5 Key Things



*For each activity you complete, write in the date you completed it and your initials.*

## TALK

Tell your child a story about when a stranger was kind to you and how it made you feel.

Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Initial: \_\_\_\_\_

## SING

What are some words that rhyme with KIND? Make up a rhyme and sing it together!

Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Initial: \_\_\_\_\_

## READ

Read a book about kindness for your child's next storytime.

Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Initial: \_\_\_\_\_

## WRITE

Write down 3 qualities you love about your little one. Trace the letters with your child.

Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Initial: \_\_\_\_\_

## PLAY

Pretend you're growing a garden inside. Plant your seeds, water them, and watch them grow!

Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Initial: \_\_\_\_\_

## Chance to win a prize!

Once you've completed 3 or more activities, text the word 'READ' along with a picture of this sheet or your favorite coloring page to 833-329-5743 for a chance to win a \$50 gift card to a store of your choosing.

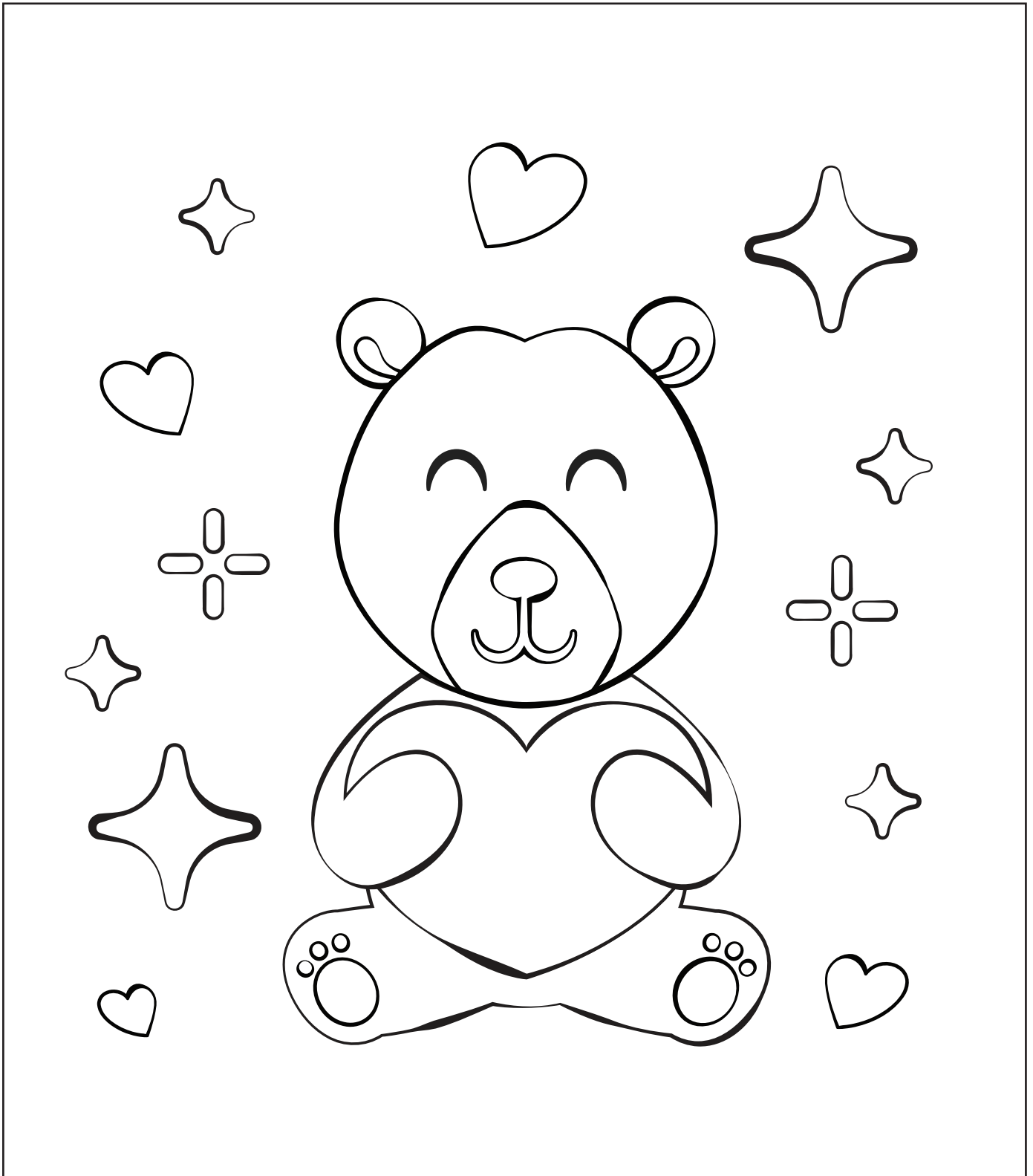
Raffle deadline: July 16th, 2023.

Adult Name: .....

Child's Age: .....

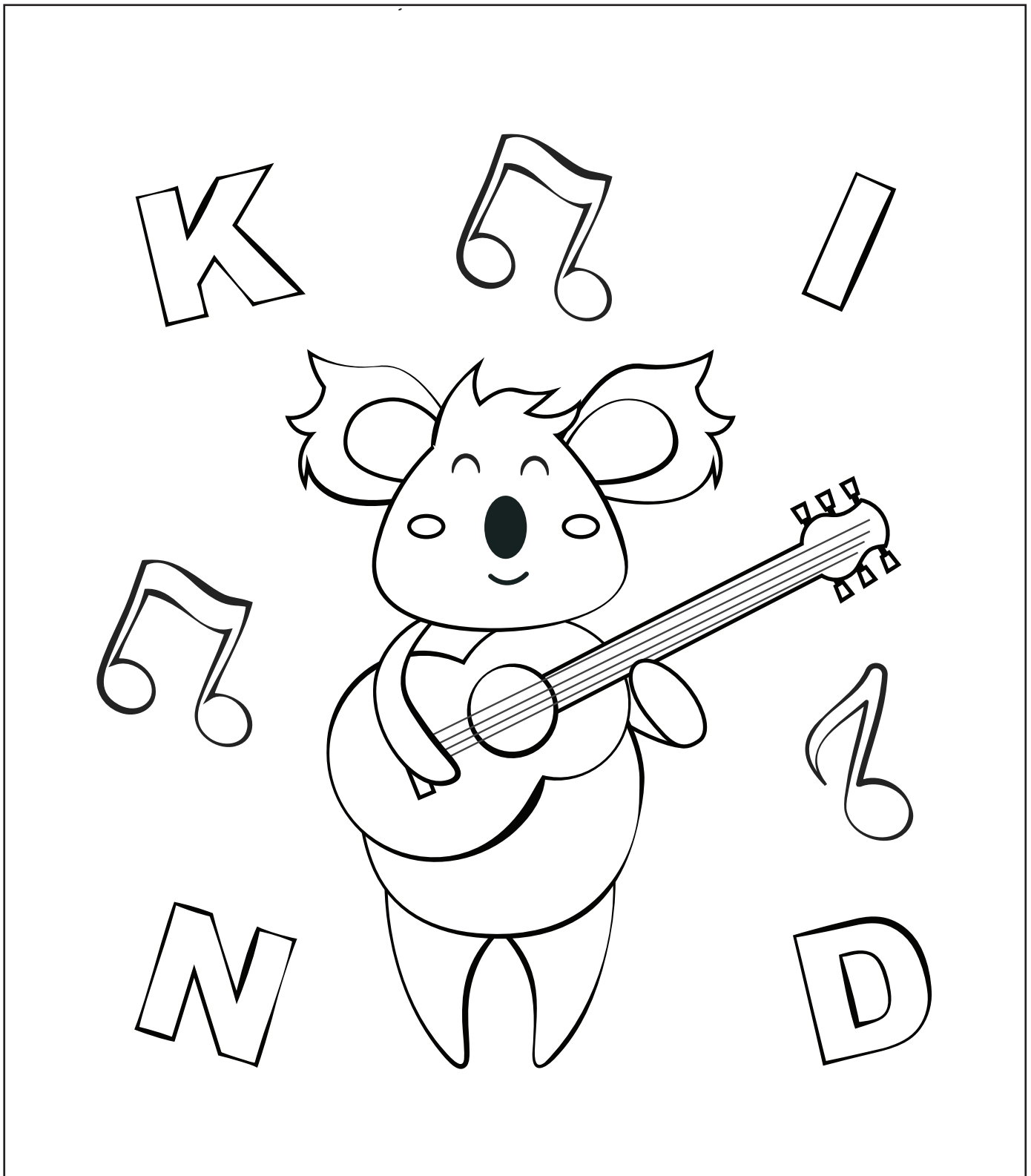
Email: .....





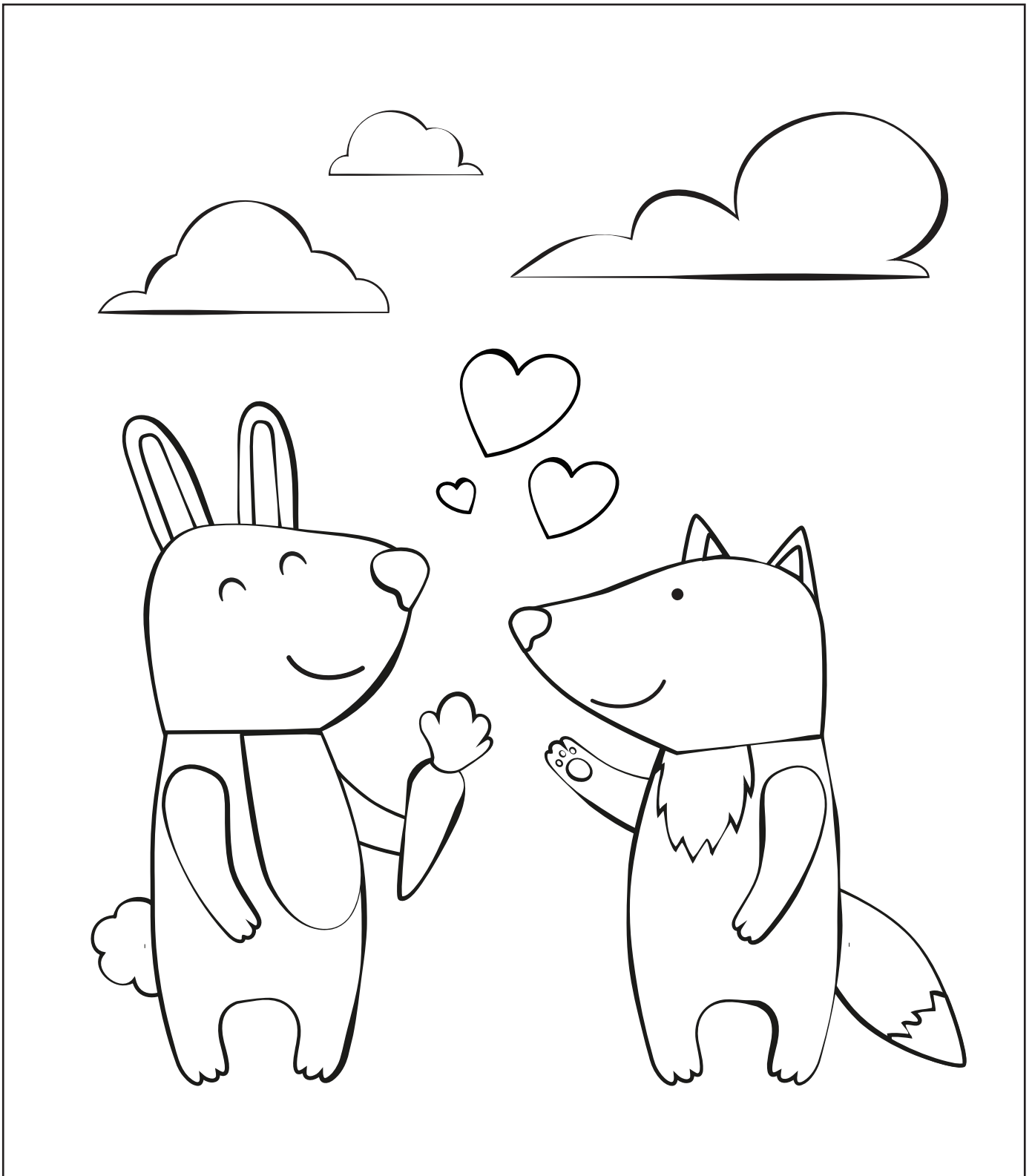
# TALK

Tell your child a story about when a stranger was kind to you and how it made you feel.



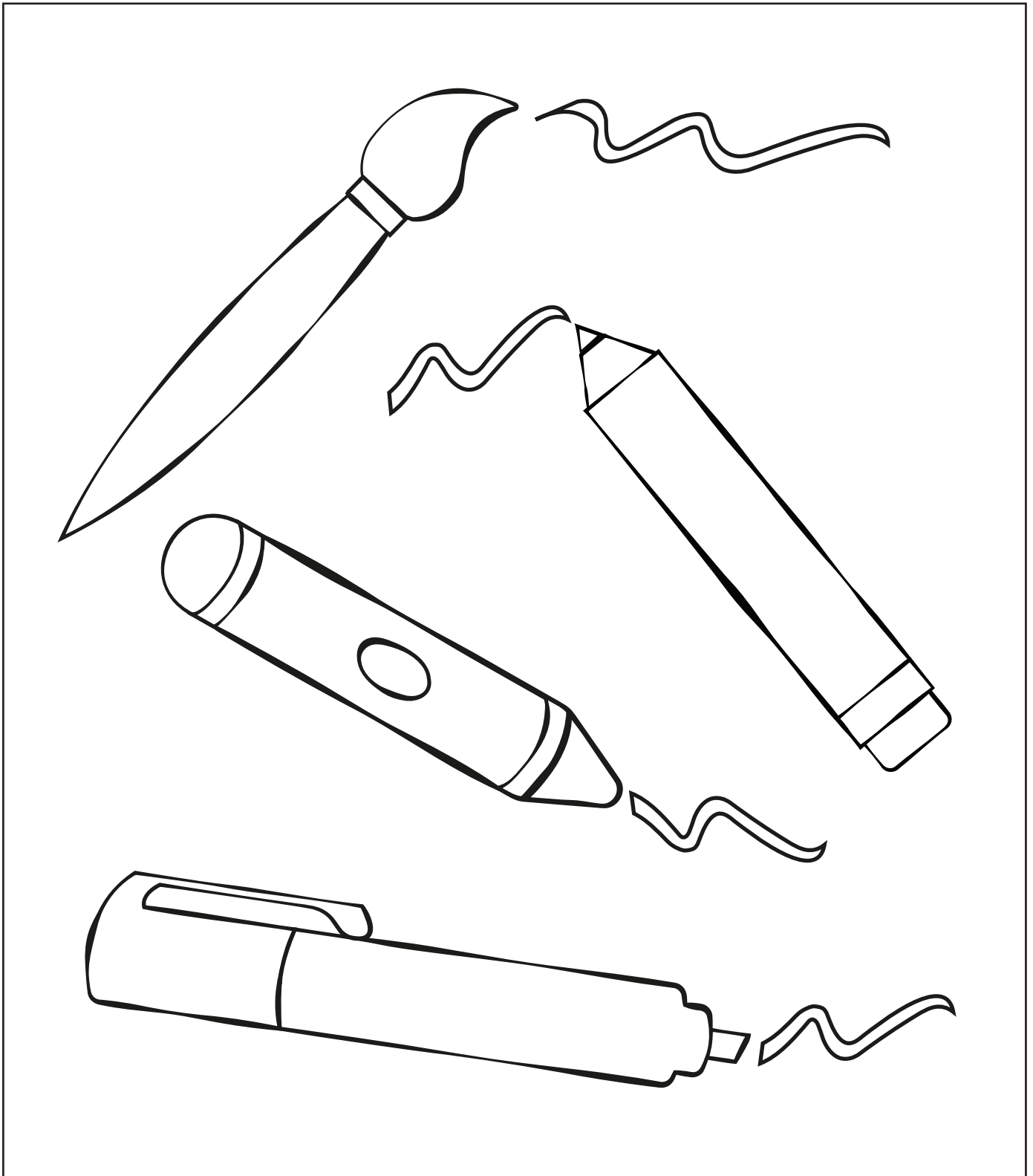
# SING

What are some words that rhyme with KIND? Make up a rhyme and sing it together!



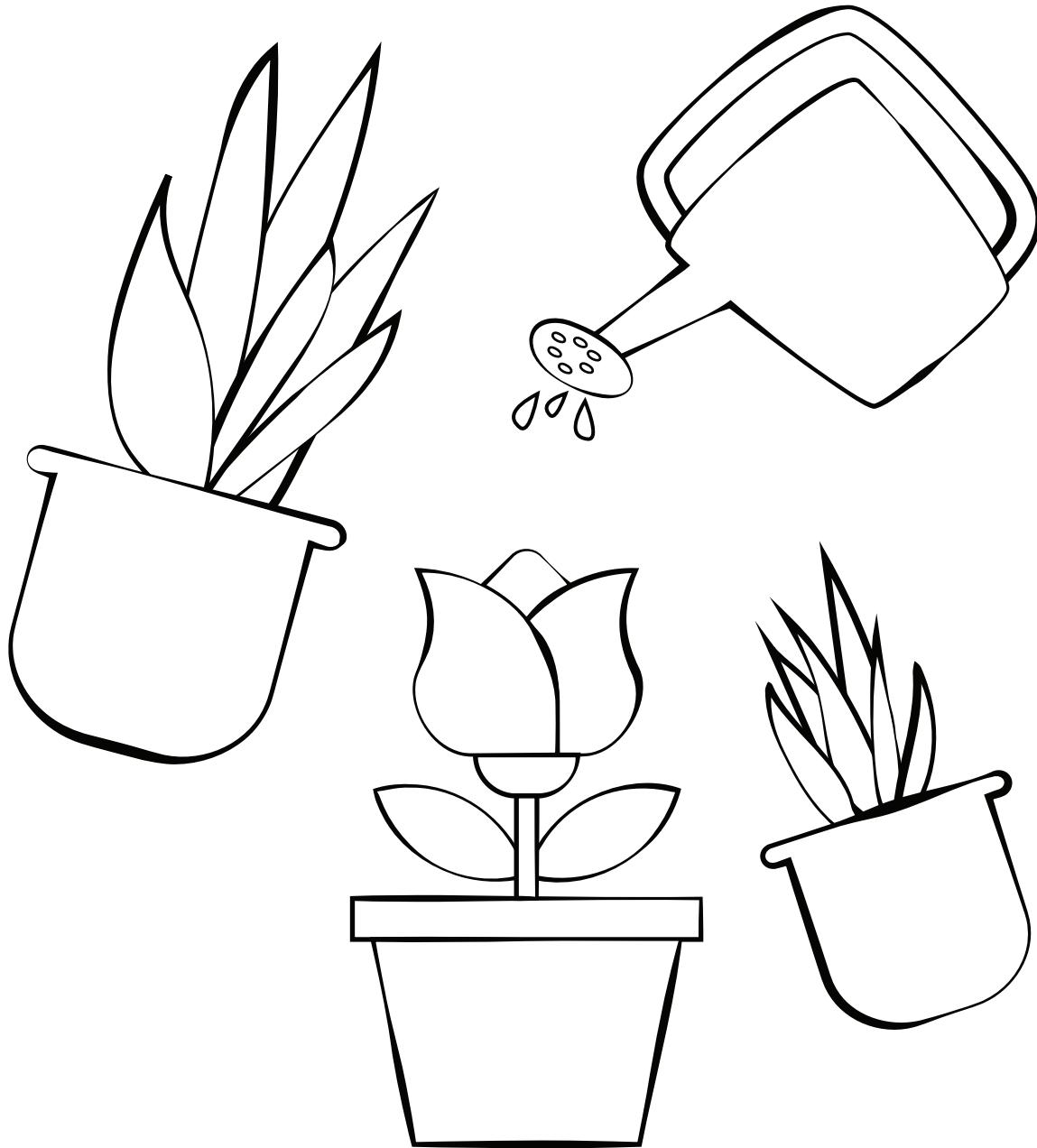
# READ

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# WRITE

Write down 3 qualities you love about your little one.  
Trace the letters with your child.



# PLAY

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