

Kindness-Curriculum Books: Suggested changes

Theme 1: Planting Seeds of Kindness

Sumi's First Day of School Ever

(Out of print. Though you can find used copies on Amazon.)

Alternative: *I'm New Here* by Anne Sibley O'Brien

Theme 2: I Feel Emotions on the Inside

A Quiet Place

Read the first two pages, then “picture walk” the other pages, asking kids what they see. Finish by reading the last page.

The Listening Walk

Shorten the book, only choosing certain sounds. You needn't read all the words but focus more on the sounds: you can do a call and response with the kids (you make the sound, then they make the sound) or you can ask them “what sound does a [fill in the blank] make?” or just choose certain pages to read.

Quick as a Cricket

No change

Theme 3: How I Feel on the Inside Shows on the Outside

I'm the Best

The line “I win. I'm the best” is repeated often. Some teachers found it an unfortunate take-away message for the kids, so they say the line a few times (skipping the rest). Reword the book so you feel comfortable reading it to the kids. *You know your class best! You might choose to read the book as-is and that's great.*

Dogger

(Teachers found this book far too long. Good for 1-on-1 story time with a child.)
Alternatives: *Knuffle Bunny* by Mo Willems; *On Monday When It Rained* by Cherryl Kachenmeister

Theme 4: Taking Care of Strong Emotions

Moody Cow Meditates

(Includes language and actions teachers don't want to encourage. Plus, the book is long. It's good for illustrating Moody Cow's emotions. And good for showing the concept of a mind jar: Can read the last few pages to discuss the mind jar.)

Alternatives: *Mouse Was Mad* by Linda Urban; *Calm-Down Time* by Elizabeth Verdick

When Sophie Gets Angry—Really, Really Angry...

No change

Theme 5: Calming and Working Out Problems

Down the Road

This is a long book, but it's a different setting than most kids know and it's a story of parents offering forgiveness. The book is spread over two lessons, so it's possible to picture-walk the book. If you want an alternative, consider *I Am Human: A Book of Empathy* by Susan Verde

Theme 6: Gratitude

Gracias/Thanks

No change

All of Me!

(Out of print)

Alternative: *I Like Me!* By Nancy Carlson

What's My Job?

(Out of print)

Alternative: *Whose Tools are These?* By Sharon Katz Cooper

Themes 7 and 8 (no changes needed)

Can You Say Peace?

Somewhere Today

How Kind!

Hey, Little Ant

In My World