Kindness Questions for the Dinner Table

Cut them apart, fold them and put them in a jar · Page 1 of 2

1 Who was kind to you today?	2 Who were you kind to today?
3 What made you smile today?	4 Did you see anyone who needed a friend today?
5 Who did you sit with at lunch?	6 What is one thing you shared today?
7 Did anyone help you today? How?	8 Did you help anyone today? How?
9 What was the best part of your day?	10 Was any part of today hard?
11 How does it feel when someone is kind to you?	12 How does it feel when someone leaves you out?
13 What does your body feel like when you're mad?	14 What helps you calm down when you're upset?
15 When was a time you felt brave?	16 What is something that made you feel proud?
17 How can you tell when a friend is sad?	18 What do you wish people knew about you?
19 What makes someone a good friend?	20 Who is someone new you could play with?

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21 What do you like best about your best friend?	**22** Has a friend ever hurt your feelings? What happened next?
23 How do you say sorry so someone knows you mean it?	**24** What is something kind you could do for a friend tomorrow?
25 Is there someone at school who plays alone a lot?	**26** What games are more fun with more people?
27 What would you do if you saw someone sitting alone?	**28** What would you do if someone was being teased?
29 What would you do if a friend told you to be mean to somebody?	**30** What would you do if someone splashed you on purpose?
31 What would you do if you broke something that wasn't yours?	**32** What would you do if a new kid came to your class?
33 What would you do if you found something that belonged to someone else?	**34** What would you do if someone said sorry to you?
35 What is one kind thing someone in our family did this week?	**36** Who in our family needs a little extra kindness right now?
37 What is something we could do for a neighbor?	**38** What are you thankful for today?
39 Who could we call or visit this week?	**40** What is one kind thing we can all do tomorrow?