

# Build Empathy & Kindness at Home

Now, more than ever, the world could use some empathy and kindness. And with families spending more time together, now is a great time to introduce activities to help children become more empathetic and attuned to the feelings and needs of the people around them.

Red Nose Day's Everyday Heroes activity will help kids develop empathy and make small acts of kindness and caring a regular part of their daily routine. It will also help them focus on the positive and can strengthen family bonds too!

Thank you!

## Here's How it Works

An Everyday Hero is a person who strives to understand how people feel and shows kindness to others. The following activity includes ideas for how your kids can practice empathy and kindness and a poster to print and hang on your refrigerator or bulletin board to keep track of their progress.

## Ways to Put This Routine Into Action

- Name those Everyday Hero qualities! Provide positive reinforcement and say things like, "I noticed how you patiently waited your turn when playing with your siblings. Being aware of others makes you an Everyday Hero."
- When your kids aren't acting like Everyday Heroes, help them see mistakes and learn from them. Say things like, "I noticed that you wouldn't share your toy with your brother. How do you think this made him feel? How might an Everyday Hero behave when he's frustrated?"



Once you've put this routine into action, take time at the end of each week to talk to your children about the ways in which they were kind and helpful, and celebrate their accomplishments together. A high five goes a long way in rewarding new, positive behaviors!

For more lessons and activities to help children build empathy and realize their power to make a difference for others visit [RedNoseDayinSchool.org](https://www.RedNoseDayinSchool.org). These resources are free and perfect for at-home learning!



# Ways I Can Be an Everyday Hero at Home

**Everyday Heroes use their superpowers to be kind, thoughtful, and helpful, and work hard to understand how others feel.** Hang this on your refrigerator or bulletin board. Each week, keep track of the superpowers you used and how often you used them!

## TO BE KIND AND CARING THIS WEEK

- I took turns when I was playing
- I was nice to my brother and sister
- I said sorry when I wasn't nice
- I recognized how someone else was feeling
- I asked the grownups how I could help
- I shared my ideas with others
- I wrote down what I am grateful for
- I was nice to my brother or sister
- I did something nice without being asked
- I said "please" and "thank you"
- When I needed help, I asked for it
- I played with my brother or sister
- When I saw a mess, I helped clean it up
- I noticed when people in my family were kind to each other
- I said thank you when someone was nice to me.
- I made a mistake, but I'll try harder next time.
- Add your ideas to the list!

## FILL IT IN!

Let's see how often we use our superpowers. Every time you do something kind, fill in a bubble.

Monday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wednesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thursday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The Everyday Hero Act I am most proud of is...

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Who in your life is an Everyday At-Home Hero this week, and why?

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Name \_\_\_\_\_

# Make a Difference With Comedy

Plan out your own jokes, then answer the question about why you want to use jokes and comedy to help others.

## 1. Jot Down Ideas

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## 2. Write Your Own Joke(s)

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### Types of Jokes

- Puns
- Hyperbole
- Silly situations
- Knock-knock
- (Add any others you can think of!)

### Joke Tip

- Try “backwards planning”: Identify your pun or punch line—then think of a situation that could end that way.

## Make a Difference!

When you tell your jokes, you have people’s attention. You can use that time to talk about other issues that are important to you, like helping other kids just like you. What facts about child poverty do you want your audience to know?



## **JOKE LIST**

### **Borrow One of These or Write Your Own!**

**How many tickles does it take to make a squid laugh?**

Ten-tickles!

**What do you call a nosy pepper?**

Jalapeño Business.

**Why did the carpenter go to the beauty salon?**

He needed his nails done!

**Where do roses sleep at night?**

In their flowerbed!

**Why are eyeshadow, lipstick and mascara never mad at each other?**

Because they always make-up!

**Why was the shoe bad at gymnastics?**

She was a flip-flop!

**Which band never turns left or right?**

One Direction!

**What do ponies do when they fall in love?**

They get mare-eed!





**What should you do if you bite off more than you can chew?**

Spit it out!

**Why wouldn't the hermit crab give the mollusk a ride in his shell?**

Because he didn't want to pull a mussel!

**How do you cut a wave in half?**

Use a sea saw.

**Why did the genie get mad?**

Because he was rubbed the wrong way!

**What flower is the best kisser?**

Tulips!

**What is a good time to go to the dentist?**

Tooth-Hurty

**What did the balloon say to the pin?**

Hi, Buster!

**What do aliens like in their hot chocolate?**

Martian-mallows.

**What did one volcano say to the other volcano?**

I lava you.

**Where do horses live?**

In neigh-borhoods





**Why did the lawyer show up in his underwear?**

He forgot his lawsuit!

**How do trees get onto the Internet?**

They log on!

**How does the ocean say hello?**

It waves.

**What do ghosts use to wash their hair?**

Sham-BOO!

**Why can't your nose be 12 inches long?**

Then it would be a foot.

**What did the left eye say to the right eye?**

Between you and me, something smells!

**Why can't you tell a joke standing on ice?**

Because it might crack up!

**If seagulls fly over the sea, what flies over the bay?**

Bagels.

**What day do chickens hate most?**

Fry-days!

**What do you call a bear with no teeth?**

A gummy bear.





**What do you give a lemon in distress?**

Lemonade!

**What does a weiner dog say when he crosses the finish line?**

I'm a weiner!

**What do you call a bee that's having a bad hair day?**

A Frisbee.

**What's a ballerina's favorite type of bread?**

A bun!

**What is the corn's favorite music?**

Pop!

**What time of year do people get injured the most?**

In the Fall!

**Why was the politician out of breath?**

He was running for office!

**What is rain's favorite accessory?**

A rainbow!

**Why can't Monday lift Saturday?**

It's a weak day!

**Why did the quarterback take the hardest classes?**

Because he knew he would pass!



# Clean Water in Nepal

When people have clean water, they are healthier.

**W**hat would life be like if you didn't have clean water to drink? Thirteen-year-old Manita\* knows—and she's seen how clean water makes life better.

Manita lives in the village of Ambote in Nepal. A few years ago, before they had clean water, life was very different. Families had to get water from streams high up in the mountains. But climbing there was really hard. Carrying the heavy water was a lot of work. Even worse, the water outside wasn't protected from germs. Almost everyone in the community got sick often, just from drinking the water!

In fact, 700 people had to go to the local health clinic each month in 2010. But not anymore. Today, only about 65 people visit the health clinic each month—a huge difference. How did this happen? Ordinary people around the world raised money to build a new water system!

Here's how the new water system works. Giant pipes capture the natural spring water high up on the mountain. Gravity pushes the water down to faucet stands located throughout the community.

Instead of having to climb and search for water to carry home, now families can turn on a faucet right next to their homes. And



because the water is protected from germs, the health of the community has been transformed for the better.

"Before the water project came in, we had more sick people in the village," Manita shared.

For kids like Manita, better health means being able to go to school. Now she can study math, science, English, and Nepali with other 9th graders. That means Manita can dream bigger!

"I want to be a scientist," Manita declared. "I want to make medicines to cure the ill." With clean water and an education, Manita can work on keeping her community healthy for years to come!

*\* Name has been changed to protect privacy.*



# Hunger in Missouri

Filling backpacks and hungry tummies

One in six American children aren't sure where they will find their next meal. Kitiana, a 10-year-old from Springfield, Missouri, is one of the children who face hunger.

"When I was really young, I walked in the kitchen thinking, 'What's for breakfast?' But there was nothing in the cabinets, and I thought, 'Oh no,'" remembers Kitiana. "My mother caught me digging in the cabinets and said, 'Sorry, we can't have anything for breakfast, lunch, or dinner today.' So we just snacked a little. It made me feel so hungry. It felt pretty bad."

Now Kitiana and her brother, Thomas, a first-grader, live with their grandma. Their grandmother used to work, but had to stop after adopting her grandchildren. Kitiana and her brother take food home every week through the Backpack Program.

The Backpack Program provides hungry children with backpacks full of nutritious and easy-to-prepare food on Friday afternoons so they have food to eat throughout the weekend. During the week, children can get food at school.

The Backpack Program is one way that local food banks are helping to keep children safe from hunger. A food bank



is an organization that gives free food to people who need it.

"My favorite thing in the backpack is the spaghetti and chocolate milk," Kitiana says. "It makes me feel fantastic to bring the backpack home!"

Kitiana explains that because her grandmother sometimes gets sick and can't cook a lot of food, she has the children grab something from their backpacks to help when they're hungry.

"I'm glad the Backpack Program is here, because we have enough now, but one day we could run out of money and run out of food, but at least we'll have things from our bags."

# A Path to Education in Bhutan

Education creates possibilities for the future.

Every morning, when Pema\* was four, he would walk through fields of rice and corn in the country of Bhutan.

But unlike the rest of his family, Pema would keep going—past the fields that his relatives worked for generations. After 15 minutes climbing the foothills of the Himalayan mountains, he'd reach his destination: an old building that has been turned into a preschool.

Pema's district is one of the poorest in the country. It's also *remote*, which means it's far away from where other people live, so it's difficult to connect children to schools. Many children fall behind in reading, writing, and math before finishing first grade.

To help, organizations trained preschool teachers throughout Bhutan to help children like Pema learn and stretch their imaginations.

"I like all the learning corners," Pema said about his preschool. His favorite corner was pretend play. There, he could pretend to be a farmer like his parents, shop at the market, work at the local health center, or cook a Bhutanese meal.



"Before the training, pretend play here was playing with dolls," the teacher explained. "Now we include community elements, like the farming tools. The children take interest because they have seen their parents using these and doing this."

But there's nothing imaginary about the skills Pema developed. His mother, Jamba, said, "Compared to his siblings, Pema is starting much earlier. He knows his ABCs and is starting to read." This was important preparation for elementary school.

Although Jamba is unable to read or write, she knows that once a path for education is created, the possibilities are endless.

\* Name has been changed to protect privacy.