

Activity Sheet



“The Caring Me I Want to Be”

By Mary DiPalermo

In “The Caring Me I Want to Be” a little girl romps through a busy day with family and friends, always remembering to be kind. She shares smiles, hugs, loving words, and warm greetings. This is a simple story with simple suggestions—that makes a big difference!

Before you read this book:

Ask and discuss the following questions with the child: “What does it mean to be caring?”

“How is the girl being kind on the cover of the book?” “How do you show your family that you care about them?”

While you read this book:

Say “hello” in a variety of ways: “Bonjour,” “Hola,” “Hi,” etc. As you read the book, pause and count the objects (buildings, trees, children, etc.) aloud. Each time the little girl helps someone have the child describe how she is being helpful. Also, have them identify when she is not being kind (not sharing, raising her voice, etc.). Discuss how this would make others feel and what you can do when you make a mistake—say you are sorry.

After you read this book:

- Ask the child to share a time when someone was kind to them. How did it make them feel?
- Ask them to share a time when they were kind to someone. How did that make them feel?
- Notice and name the kind acts you see around you (at home, at school, etc.).
- Draw a picture of someone being kind to someone else, like a friend, neighbor, or a pet.

Try this at home:

- Draw a picture and give it to someone you care about.
- Make a treat for a friend.
- Make a card for your teacher.
- Say “good morning” to your neighbor.
- Do a random act of kindness.

Additional Kindness Resources:

“The Big Umbrella” by Amy June Bates

“Be Kind” by Pat Zietlow Miller

“The Kindness Quilt” by Nancy Elizabeth Wallace