



# February Book Club Conversation Prompts

## EARLY CHILDHOOD - AGES 1-4

- What is kindness? Kindness is:
  - being helpful
  - thinking of others
  - being a good friend
  - taking care of ourselves
  - other ideas?
- Tell me about a time someone was kind to you or you another person being kind to someone else.
- Who should we be kind to?
- How can you be kind at home/school?
- How does it make you feel when someone is kind to you?
- Let's draw a picture about a time someone was nice to us!
- Now that we've talked about kindness, let's be sure to share it with others!

For additional resources to support children & families, visit  
[www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)