Small acts of kindness.
Growing confidence.
A better school together.



You already belong.
You can help and receive help, too.

HORNET TOOLBOX

My Ways to Shine

Kindness & Confidence

My Mission Journal



I belong. I have something to offer.
I can make a difference.

My mission journal belongs to:

OUR SIX MISSIONS

My Hornet Mission Trail

Small acts of kindness. Growing confidence.

LET'S TRY!

Draw a star or check after we practice. Help counts!



1. Strength Detective
I use a strength to help.



2. My Voice Matters
I welcome others and say what I need.



3. One Small Step
I can try something new with help.



4. We All Get a Say
I listen and make room for ideas.



5. My Tools for Tricky Moments
I can use a tool or ask for help.



6. Rewind and Repair
I can help make things right.

Help counts. Practice counts. Your ideas matter.

A better school together.

MORE ROOM TO GROW

My Next Kindness Mission

Small actions can make our school more welcoming.

LET'S TRY!

Draw yourself helping. Choose where to try your next kind act.

Draw me helping someone…

Circle where I could try it:

Classroom / Playground / Lunchroom / Other

Someone who can help me…

KEEP INTACT

My Kindness Helper Badge

Keep this page intact. Print the separate badge sheet to cut.

MAKE IT YOURS

Write your name or initials. Read your helper reminders together.

KINDNESS HELPER

MY NAME OR INITIALS



I make RCPS a better place by helping and showing kindness.

MY HELPER REMINDERS



Ask.



Wait.



Let them try.



Get help.

Ask. Wait. Let them try. Get help.

WE BELONG HERE

Our Group Mission

Everyone has something to offer.

I make RCPS a better place by helping and showing kindness.

Draw you!



We discover our strengths, practice being brave and kind, and help our school.

OUR GROUP PLAN

Make room.
Take turns. Listen. Respect “no thanks.”

Stay safe.
Pause and get a grown-up when needed.

Try with help.
Watch, try together, or try one part.

Respect our stories.
Share your own story, not someone else’s.

You already belong. You can help and receive help, too. You can always talk to your grown-up privately. If someone may not be safe, your grown-up will get help.

MY GOAL / DRAW OR TELL

My Practice Goal

I am practicing… Circle one to start.

LET'S TRY!

Circle a skill you want to practice. Draw your own small step.



Trying something new.



Using a tool when frustrated.



Using my voice.



Taking turns choosing.



Making a repair.

My own idea…

My small step…

A grown-up who can help me…

MY CERTIFICATE

Kindness Helper Certificate

I belong. I have something to offer. I can make a difference.

LOOK HOW YOU GREW!

Name a strength you practiced and one way you helped.

Draw yourself.



My name:

A strength I practiced…

One way I helped our school…

My grown-up noticed…

Student: Grown-up:

MY GROWTH / DRAW OR TELL

Look How I Am Growing

My effort matters. I can keep practicing.

LET'S TRY!

Draw a strength. Tell about a time you used it.

A strength I have…

A time I used it…

One way I helped in 4K…

Something I want to keep practicing…

A grown-up who can help me…

HORNET TOOLBOX
My Ways to Shine

MY STARTING CHECK-IN / PART 1 OF 2

How I See Myself

Think about lately at school.

READ TOGETHER

I will read each sentence. Choose Not yet, Sometimes, or Often. There are no right or wrong answers. Point or circle one answer. You can pass.

Date: _____ My initials: _____

I have things I am good at.

◯ Not yet ◯ Sometimes ◯ Often

I can learn something that feels hard.

◯ Not yet ◯ Sometimes ◯ Often

I can choose kind words or actions.

◯ Not yet ◯ Sometimes ◯ Often

I can help someone.

◯ Not yet ◯ Sometimes ◯ Often

When I make a mistake, I can try again.

◯ Not yet ◯ Sometimes ◯ Often

MY STARTING CHECK-IN / PART 2 OF 2

Skills I Am Practicing

Think about lately at school.

READ TOGETHER

I will read each sentence. Choose Not yet, Sometimes, or Often. There are no right or wrong answers. Point or circle one answer. You can pass.

Date: _____ My initials: _____

When I feel frustrated, I can choose a tool or ask for help.

◯ Not yet ◯ Sometimes ◯ Often

I can try one small part of something new with help.

◯ Not yet ◯ Sometimes ◯ Often

I can say what I need or ask an adult for help.

◯ Not yet ◯ Sometimes ◯ Often

I can name my action and try to make it right.

◯ Not yet ◯ Sometimes ◯ Often

Something I want my grown-up to know…

HORNET TOOLBOX
My Ways to Shine

MY ENDING CHECK-IN / PART 2 OF 2

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MY ENDING CHECK-IN / PART 1 OF 2

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I can choose kind words or actions.

◯ Not yet ◯ Sometimes ◯ Often

I can help someone.

◯ Not yet ◯ Sometimes ◯ Often

When I make a mistake, I can try again.

◯ Not yet ◯ Sometimes ◯ Often

MISSION 01 / PRACTICE TOGETHER

Strength Detective

I have something to teach.

LET'S TRY!

Let's find something you can share or teach.

TRY A RHYTHM!

Tap your knees twice.
Clap once. Try it together.
Then let someone else lead.
Choose another comfortable movement if you need one.



SHOW YOUR IDEA

Draw something I can teach…

ONE SMALL STEP

When it feels tricky, I can…

MISSION 02 / PRACTICE TOGETHER

My Voice Matters

Kind words can help me speak up.

LET'S TRY!

Choose words. Practice saying them with a partner.

- ◯ **"Would you like to play?"**
- ◯ **"I want a turn choosing."**
- ◯ **"No, I don't like that."**
- ◯ **"I need space."**
- ◯ **"I need help."**

SHOW YOUR IDEA

Draw me using my words…

ONE SMALL STEP

If someone does not listen, I can ask…

MY TOOLS / POINT AND USE

My Tool Cards

Keep intact. Print a separate copy to cut.

LET'S TRY!

Choose a tool. Practice it with a grown-up.

Pause



Notice my body. Choose a tool or help.

Small Step



Watch. Try together. Try one part.

My Voice



"I want a turn choosing."
"No, I don't like that."

Get Help



Move away if I need to. Ask a grown-up.

Repair



Name my action. Choose a helpful repair.

Kindness Helper



Ask first. Wait. Let them try. Get help.

OUR SHARED CREATION / DRAW OR TELL

We Made This Together

Both of us have something to offer.

LET'S TRY!

Make something together. Both partners add an idea or a part.

Our initials: _____ Date: _____

Our choice: Draw / Build / Something else

Our creation… Draw together, or draw what we built.

My 4K partner added…

I added…

"What did you like doing together?" Point, draw, tell, or pass.

HORNET TOOLBOX
My Ways to Shine

MISSION 03 / PRACTICE TOGETHER

One Small Step

I can start where I need to. A grown-up can help.

LET'S TRY!

Pick your way to try. You can change your choice or ask for help.



○ **Watch first.**

I can see what happens.



○ **Try together.**

We can practice together.



○ **Try one part.**

I can choose one small part.

Something new I will try…

Today, I choose: Watch / Together / One part

My grown-up helper: _____

HELPING IN 4K / PRACTICE TOGETHER

Our Kindness Helper Jobs

Ask first. Wait. Let them try. Get help when needed.

LET'S TRY!

Act out a helper job. Swap jobs and try another one.



Welcome Helper

"Would you like to join us?"

I respect their answer.



Materials Helper

"Which one would you like?"

They get to choose.



Show One Step Helper

"Would you like to watch or try?"

I wait and let them try.

My job today: _____

A grown-up stays nearby. I can ask for help.

4K PARTNER VISIT 4

After We Help

My kindness matters. My partner can teach me.

LOOK BACK

Circle a picture. Draw or tell what happened.

Date: _____

TODAY I PRACTICED... CIRCLE OR POINT



Welcoming ○



Waiting ○



Sharing choices ○



Asking for help ○

I helped by… Draw or tell.

I noticed…

They joined / tried / said "no thanks" / something else

I learned from my 4K partner…

A strength or tool I used…

Ask a grown-up: What strength did you notice?

4K PARTNER VISIT 4

Before We Visit

I can help and ask for help.

LET'S PLAN

Pick your helper job. What will you do together?

Date: _____

Today we will…

CIRCLE MY HELPER JOB



Welcome ◯



Materials ◯



Show one step ◯

HOW DO I FEEL?

Ready / Curious / Unsure / Worried / Something else

CIRCLE MY WAY TO START

Watch	Together	One part

My grown-up helper: _____

My partner can choose ____ or ____.

Kind words. Gentle hands. Wait. Ask for help.

THE HORNET WAY

How I Help in 4K

I can help and ask for help.

LET'S TRY!

Show kind words, gentle hands, waiting, and asking for help.



Be Respectful

Ask and wait. Respect "no thanks" or moving away.



Be Responsible

Follow grown-up directions. Share and clean up.



Be Safe

Walk. Gentle hands. Stay with my group. Get help.



Be a Friend

Kind words. Take turns. Let my partner choose and try.

IF I FEEL FRUSTRATED

Pause my hands and feet. Tell my grown-up. We can choose a tool, a break, or a different helper job.

I help. Grown-ups handle safety and problems.

EACH VISIT / PRACTICE TOGETHER

Our Partner Routine

We can help each other. Everyone has strengths.

LET'S TRY!

Try our hello and goodbye. Your partner gets to choose, too.



1. Say hello.

"Hi! I'm ____. What's your name?"
Offer a wave, fist bump, or "no thanks."



2. Let my partner choose.

"Would you like to draw or build?"
Say "Okay" to "no thanks." Give space.



3. Learn from my partner.

"Can you show me how you do it?"
Watch. Let them teach one part.



4. Make something together.

Share an idea. Each person adds a part.
Draw, build, or choose another activity.



5. Notice and say goodbye.

"I noticed you ____." "Thank you!"
"What did you like doing together?"

My 4K partner can point, draw, tell, or pass. My grown-up helps us find a familiar partner. Either of us can ask for a change.

Everyone belongs.

MISSION 06 / PRACTICE TOGETHER

Rewind and Repair

My feelings matter. My actions matter.

LET'S TRY!

Homer grabbed a crayon. Point to a helpful next step. Act it out.



Notice.
What happened?



Name my action.
"I grabbed it."



Offer a repair.
"I can give it back."

What did I feel?

What did I do?

What could I try or repair?

Who can help me?

Repairs: give it back, help rebuild, or clean up.
A grown-up can help me make it right.

4K PARTNER VISIT 3

After We Help

My kindness matters. My partner can teach me.

LOOK BACK

Circle a picture. Draw or tell what happened.

Date: _____

TODAY I PRACTICED… CIRCLE OR POINT



Welcoming ○



Waiting ○



Sharing choices ○



Asking for help ○

I helped by… Draw or tell.

I noticed…

They joined / tried / said “no thanks” / something else

I learned from my 4K partner…

A strength or tool I used…

Ask a grown-up: What strength did you notice?

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My Ways to Shine

4K PARTNER VISIT 1

Before We Visit

I can help and ask for help.

LET’S PLAN

Pick your helper job. What will you do together?

Date: _____

Today we will…

CIRCLE MY HELPER JOB



Welcome ○



Materials ○



Show one step ○

HOW DO I FEEL?

Ready / Curious / Unsure / Worried / Something else

CIRCLE MY WAY TO START

Watch	Together	One part

My grown-up helper: _____

My partner can choose ____ or ____.

Kind words. Gentle hands. Wait. Ask for help.

4K PARTNER VISIT 1

After We Help

My kindness matters. My partner can teach me.

LOOK BACK

Circle a picture. Draw or tell what happened.

Date: _____

TODAY I PRACTICED… CIRCLE OR POINT



Welcoming ○



Waiting ○



Sharing choices ○



Asking for help ○

I helped by… Draw or tell.

I noticed…

They joined / tried / said “no thanks” / something else

I learned from my 4K partner…

A strength or tool I used…

Ask a grown-up: What strength did you notice?

HORNET TOOLBOX
My Ways to Shine

4K PARTNER VISIT 3

Before We Visit

I can help and ask for help.

LET’S PLAN

Pick your helper job. What will you do together?

Date: _____

Today we will…

CIRCLE MY HELPER JOB



Welcome ○



Materials ○



Show one step ○

HOW DO I FEEL?

Ready / Curious / Unsure / Worried / Something else

CIRCLE MY WAY TO START

Watch	Together	One part

My grown-up helper: _____

My partner can choose ____ or ____.

Kind words. Gentle hands. Wait. Ask for help.

MISSION 04 / PRACTICE TOGETHER

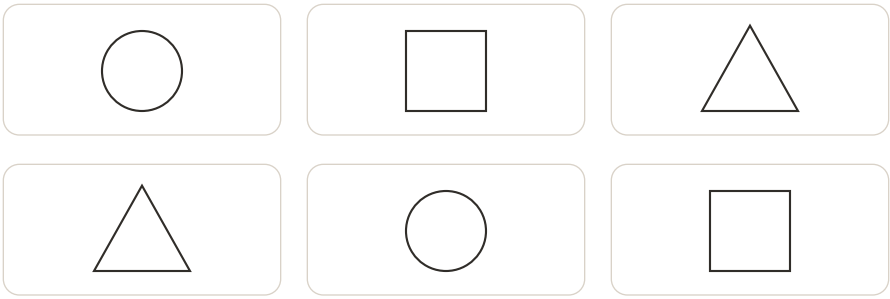
We All Get a Say

We can help without taking over.

LET'S TRY!

Take turns finding matches. Both partners get a say.

Point to two shapes that match. Show one match.
Then let your partner find a match.



"You choose this time. I choose next time."
"Would you like a clue?"

SHOW YOUR IDEA

Draw us taking turns…

ONE SMALL STEP

When I want a turn, I can say…

MISSION 05 / PRACTICE TOGETHER

My Tools for Tricky Moments

I can pause and come back with help.

LET'S TRY!

Point or circle a body clue and a tool. Then try the tool together.

BODY CLUES I MIGHT NOTICE



Tight hands



Fast heart



Busy mind

Lots of thoughts are making it hard to focus.

TOOLS I CAN TRY



Stretch



Slow breaths



Ask for help

SHOW YOUR IDEA

Draw my clue or a tool…

First, I pause and choose a tool or help. A tool might help a little. If I still need help, I tell my grown-up.

4K PARTNER VISIT 2

Before We Visit

I can help and ask for help.

LET'S PLAN

Pick your helper job. What will you do together?

Date: _____

Today we will…

CIRCLE MY HELPER JOB



Welcome ○



Materials ○



Show one step ○

HOW DO I FEEL?

Ready / Curious / Unsure / Worried / Something else

CIRCLE MY WAY TO START

Watch	Together	One part

My grown-up helper: _____

My partner can choose ____ or ____.

Kind words. Gentle hands. Wait. Ask for help.

HORNET TOOLBOX
My Ways to Shine

4K PARTNER VISIT 2

After We Help

My kindness matters. My partner can teach me.

LOOK BACK

Circle a picture. Draw or tell what happened.

Date: _____

TODAY I PRACTICED… CIRCLE OR POINT



Welcoming ○



Waiting ○



Sharing choices ○



Asking for help ○

I helped by… Draw or tell.

I noticed…

They joined / tried / said "no thanks" / something else

I learned from my 4K partner…

A strength or tool I used…

Ask a grown-up: What strength did you notice?