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Kindness Detectives

FAMILY CHALLENGE PACK

Notice → Choose → Check



Short missions, two bingo boards, and talk-it-over cards that help kids **notice** what might help, **choose** a kind action, and **check** whether it worked. Built for ages 4 to 9 at home, in a co-op, or in a classroom. No prizes required, no long charts, no lectures.

Ages 4–9 | 12 pages | Print and go



What's inside

- ✓ Family Kindness Bingo
- ✓ 24 cut-apart mission cards
- ✓ Kind Words Builder
- ✓ Pause, Own It, Repair It plan
- ✓ Reflection page
- ✓ Cooperative Kindness Bingo
- ✓ 12 talk-it-over scenario cards
- ✓ Notice the Good case notes
- ✓ 8 "I Noticed Your Kindness" notes
- ✓ Kindness Detective certificate

kid tested, kid approved, and proofed at a real kitchen table ♥

Start with the two-minute grown-up guide on the next page. 🔍

Find more free printables, story-first homeschool unit studies, and our kindness book series at **kindstreetlibrary.com/printables**

Grown-up quick start

two minutes to read, then hand the kids the scissors

Everything in this pack runs on one loop: **notice** what might help, **choose** an action, **check** whether it helped. Kids practice the loop in short bursts, not long charts, so a good week with this pack is six small moments, not a wall of stickers. Pick the setup that fits your life.

🏠 At home

Cut the mission cards (page 6) and keep them in a jar by the table. Pull one each morning; the whole family takes the same mission.

At dinner, ask the check question: "Did it help? How could you tell?" Color a Family Bingo square (page 4) when it really happened.

Once a week, fill in a Notice the Good page (page 9) together and read it back out loud.

🧺 Homeschool or co-op

Open the day with one scenario card (page 7). Let every child answer "what do you notice?" before anyone is allowed to answer "what would you do?"

Run the Cooperative Bingo board (page 5) on the wall for the whole group. It fills faster with more sets of eyes.

Close the week with the reflection and certificate (page 12), one at a time, with real names.

🏫 Classroom

Post the Cooperative board where the class can see it. Give each table group two mission cards on Monday and swap on Thursday.

Keep the "I Noticed Your Kindness" notes (page 11) in a basket so students can give them to each other. Read a few aloud on Friday, sender's choice.

Use the repair plan (page 10) during conflicts instead of a time-out script.

Ages 4 to 6

Read every card aloud and let them point to the picture cue. Drawing counts as writing on every page. Do the missions alongside them: "Let's hold the door together." Keep one mission per day and stop while it is still fun.

Ages 7 to 9

Let them choose their own missions and write their own case notes. Put them in charge of reading the scenario cards to younger kids. The secret mission card and the check question are where this age group does its best thinking.

Three house rules

1. **Kindness respects a no.** If someone says "no thank you," the kind move is to stop and ask what would help instead. Hugs, help, and sharing are offers, never requirements.
2. **No prizes needed.** The check step is the reward: a child who sees a face change learns more than a child who earns a sticker. Celebrate with words.
3. **Grown-ups play too.** Pull a mission card yourself and report back at dinner. Kids copy what they watch far more than what they are told.

What's on each page

p.3 Detective briefing
p.4 Family Kindness Bingo
p.5 Cooperative Kindness Bingo
p.6 24 Kindness Mission cards
p.7 12 "What would you notice?" cards
p.8 Kind Words Builder
p.9 Notice the Good case notes
p.10 Pause, Own It, Repair It
p.11 8 "I Noticed Your Kindness" notes
p.12 Reflection and certificate

Want to keep going after the pack? Our Kindness Tracker is a year-at-a-glance grid for families who want the long view: **kindstreetlibrary.com/printables/kindness-tracker**

Kindness Detective briefing

read this out loud together before your first mission 🔍



A detective does not wait to feel kind. A detective looks for clues, picks one action, and checks to see if it helped. That is the whole job. Anyone can do it, even on a grumpy day.

Clues a detective looks for

a sad face	full hands	someone alone	a mess	someone new	a dropped thing	someone resting
☹️	🧺	🧍	🧩	👋	🧤	🤫

1. Notice

Look around. Who might need something right now? What would make this moment easier for them?

"What might help?"

2. Choose

Pick one action you can really do. If you are not sure they want it, ask first. Then do it.

"Do you want help?"

3. Check

Look again. Did it help? A smile, a thank-you, a calmer room, a finished job: those are your proof.

"Did it help? How can I tell?"

The Kindness Detective code

- ★ I ask before I help, hug, or borrow. "Do you want help?" is a detective's favorite question.
- ★ If someone says "no thank you," that is an answer. I stop, and I look for a different way to help.
- ★ If my action did not help, that is a clue too. I try something different next time.
- ★ I notice kindness in other people, not just in me, and I tell them what I saw.

Detective name _____

Grown-up partner _____

First mission day _____

draw your detective badge

Family Kindness Bingo

color a square when it really happened, grown-ups included

Detective _____ **Week of** _____

🧸 Put away something that was not yours	🙋 Let someone go first, on purpose	🍲 Thanked the person who made the meal	📦 Helped carry something heavy	🤝 Asked "Do you want help?" before helping
🛋️ Made room for someone on the couch	⏳ Waited your turn with no reminders	🎨 Drew a picture for someone	👀 Noticed a sad face and asked "Are you okay?"	🍎 Offered part of your snack
🚪 Held the door and waited	🤫 Used a quiet voice while someone rested	🔍 **FREE SPACE you are already a detective**	🧦 Helped a younger kid with a zipper or shoe	🎲 Said "You can go ahead" in a game
🐾 Fed or cared for a pet without being asked	🧹 Cleaned up a mess you did not make	💬 Told someone one thing they did well	👋 Invited someone to play	✉️ Made a note for a neighbor or grandparent
👂 Listened to a whole story without interrupting	🔍 Found something someone was looking for	💛 Said sorry and asked "What would help?"	🧤 Picked up something someone dropped	🌿 Gave someone space when they asked for it

Any row, column, or corner-to-corner line is a bingo. A full board is a Kindness Detective blackout. Before you color a square, ask the check question: did it help, and how could you tell?

Cooperative Kindness Bingo

one board for the whole team: siblings, co-op, or class

Our team _____ **Started** _____

 Everyone greeted someone by name	 Two people cleaned one mess together	 Someone new was invited into a game	 The group waited quietly for someone to finish	 Someone shared a supply with a person who had none
 The group made a welcome sign for a visitor	 Everybody helped stack chairs or clear the table	 Two people took turns being first	 Someone taught another person a skill	 The group heard one person's whole idea
 A kind note was left for a helper	 Someone said "Good idea!" about another plan	 **OUR TEAM nobody loses on this board**	 Someone asked a quiet kid what they thought	 A disagreement was solved with words
 Someone gave up the last turn on purpose	 The group thanked the person who cleaned up	 Someone cheered for a person trying something hard	 Everyone returned what they borrowed	 The group picked up litter with a grown-up
 Someone remembered a new person's name	 Two people checked on someone who got hurt	 The circle opened to make room for one more	 The ball went to someone who had not had a turn	 Someone asked "Can I help?" and then did

Anyone on the team can color a square when the team sees it happen, and it has to be seen, not just reported. Nobody loses. The goal is a full board, so a team of eight needs all sixteen eyes open.

Kindness Mission cards

cut them apart, keep them in a jar, and pull one a day ✂️

MISSION 1



Hold a door and wait until everyone is through.

MISSION 2



Find one mess that is not yours and fix it.

MISSION 3



Say hello to someone by name today.

MISSION 4



Draw a picture for someone and give it to them.

MISSION 5



Ask "Do you want some?" before you share a snack.

MISSION 6



Help someone find something they lost.

MISSION 7



Listen to a whole story. Then ask one question about it.

MISSION 8



Let a younger kid pick the game.

MISSION 9



Put away three things that belong to someone else.

MISSION 10



Tell someone one thing they did well. Say exactly what you saw.

MISSION 11



Water a plant or feed a pet before anyone asks.

MISSION 12



Save a seat for someone who is coming late.

MISSION 13



Bring a drink of water to someone who is busy.

MISSION 14



Carry something for a person with full hands.

MISSION 15



Ask "Do you want help?" Then do what they say.

MISSION 16



Let someone else go first, on purpose.

MISSION 17



Invite someone who is alone to join your game.

MISSION 18



Use a quiet voice while someone rests or works.

MISSION 19



Make a thank-you note for someone who helps you every day.

MISSION 20



Notice a sad face. Ask "Are you okay?" and listen.

MISSION 21



Teach someone one thing you know how to do.

MISSION 22



Cheer for someone who is trying something hard.

MISSION 23



After a mistake, say "I'm sorry. What would help?"

MISSION 24



Secret mission: do something kind and tell no one.

Little detectives: a grown-up reads the card, you point to the picture and do the mission together. Big detectives: pick your own, then report back with the check question.

What would you notice?

twelve tiny situations to talk over before anyone chooses



CASE 1

Your little brother built a tall block tower. It fell over and now he is crying.

What do you notice? · What might help? · What would you do?



CASE 2

At snack time, one kid is sitting alone and looking at their shoes.

What do you notice? · What might help? · What would you do?



CASE 3

Mom is carrying three grocery bags, and the door is closed.

What do you notice? · What might help? · What would you do?



CASE 4

Your friend lost the game and threw the cards on the floor.

What do you notice? · What might help? · What would you do?



CASE 5

Grandpa starts a story you have already heard two times.

What do you notice? · What might help? · What would you do?



CASE 6

A kid gave the wrong answer, and someone laughed at them.

What do you notice? · What might help? · What would you do?



CASE 7

Your sister wants to play, but you want to read alone right now.

What do you notice? · What might help? · What would you do?



CASE 8

A new kid walks in and does not know where to hang their coat.

What do you notice? · What might help? · What would you do?



CASE 9

Dad looks tired, and the dinner dishes are piled up high.

What do you notice? · What might help? · What would you do?



CASE 10

Your friend is scared to go down the big slide.

What do you notice? · What might help? · What would you do?



CASE 11

You find one mitten on the ground at the park.

What do you notice? · What might help? · What would you do?



CASE 12

You offered to help, and the person said "No, thank you."

What do you notice? · What might help? · What would you do?

House rule: everyone answers "what do you notice?" first. The doing comes last. More than one kind answer is allowed.

Kind Words Builder

sentence starters for when you know what you feel but not what to say



Compliment

say what you saw

- "I noticed you _____."
- "You worked hard on _____."
- "That was a good idea because _____."



Thank you

name what it did for you

- "Thank you for _____."
- "When you _____, it helped me _____."
- "I did not have to _____ because you did."



Encourage

cheer the trying, not just the winning

- "You can try again. I will wait."
- "That was hard, and you kept going."
- "Want me to do it with you?"



Invite

leave an easy way to say yes or no

- "Do you want to play _____ with us?"
- "There is room next to me."
- "We are doing _____. Join if you like."



Check in

ask, then listen

- "Are you okay?"
- "Do you want help, or do you want space?"
- "I am here if you need me."

Detective rule for kind words: say what you actually saw, say it only if you mean it, and short is fine. "I noticed you let Sam go first" lands better than "you are the nicest kid ever," because it is true and they know it.

Try one. Write a kind sentence for someone in your house or class:

_____

_____

Who will you say it to? When?

_____

draw their face when they hear it

Notice the Good

a detective's case notes for kindness you saw someone else do

Detective _____ **Date** _____

Kindness spotted *case no. 1*

Where were you?

What happened first?

What did someone do?

How did it change the moment?

before   → after   *circle the faces*

draw what you saw

Kindness spotted *case no. 2*

Where were you?

What happened first?

What did someone do?

How did it change the moment?

before   → after   *circle the faces*

draw what you saw

Little detectives draw the whole case and a grown-up writes the words they say. Then go tell the person what you saw them do.

Pause, Own It, Repair It

for the moments when you were the one who caused the hurt

Everybody hurts someone sometimes, by accident or on purpose. A detective does not pretend it did not happen, and a detective does not decide "I am a bad kid." A detective repairs. Here is how, in four moves.



1 Pause

Get calm first. Breathe in while you count to four, then out to four. A calm body makes a better repair.

"I need a minute. I am coming back."



2 Own it

Say what you did in plain words. No "but." No "you made me."

"I knocked over your tower. I said something mean."



3 Ask

Find out what would help. Then listen. They might need time, and that is allowed.

"Are you okay? What would help?"



4 Repair

Do the thing that helps: rebuild it, clean it, give space, or try again a different way. Sorry is the start, not the finish.

"Next time I will _____."

My repair plan

What I did:

What I will say (plain words, no "but"):

What might help them, or what they told me would help:

Next time I will:

For grown-ups: an apology is a beginning, not a receipt. The hurt person decides what helps and when they are ready, and we do not make anyone say "it's okay." Praise the repair ("you rebuilt it with him"), not the apology, and let the child's next kind choice be the proof that they are not their worst moment.

I Noticed Your Kindness notes

cut them out, fill one in, and hand it to the person you saw ✂️

I noticed your kindness!

I saw you _____

It helped because _____

From _____

I noticed your kindness!

I saw you:

☐ help ☐ share ☐ wait ☐ include ☐ comfort ☐ listen

and it made things better.

From _____

I noticed your kindness!

I saw you _____

It helped because _____

From _____

I noticed your kindness!

I saw you:

☐ help ☐ share ☐ wait ☐ include ☐ comfort ☐ listen

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I saw you _____

It helped because _____

From _____

I noticed your kindness!

I saw you:

☐ help ☐ share ☐ wait ☐ include ☐ comfort ☐ listen

and it made things better.

From _____

Anyone can give one: kids to kids, kids to grown-ups, grown-ups to kids. The checkbox notes are for detectives who are not writing yet. Keep the basket somewhere everyone can reach.

Detective reflection

look back at the week before you earn the badge

What did you notice this week that you had never noticed before?

What felt hard? (Asking first? Waiting? Saying sorry?)

Which kind action do you want to do again next week?

Little detectives: say your answers out loud and draw one of them on the back of this page.

★ KIND STREET LIBRARY ★

this certifies that



DETECTIVE'S NAME

is an official Kindness Detective

who noticed what might help, chose kind actions, asked before helping, checked whether it worked, and repaired what needed repairing.



date

signed by

keep noticing. Kind Street is counting on you.