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Kindness Fortune Teller

A Family Activity for Building Life Skills

What You'll Need:

- 8.5" x 8.5" square paper (or cut regular printer paper into a square)
- Markers, crayons, or colored pencils
- About 20-30 minutes of family time

How to Make Your Fortune Teller:

Step 1: Create the Square Start with a square piece of paper. If using regular 8.5" x 11" paper, fold one corner to the opposite edge to create a triangle, then cut off the extra rectangle.

Step 2: Fold Corner to Corner Fold the square diagonally both ways to create an X crease. Unfold.

Step 3: Fold Corners to Center Fold all four corners into the center point where the creases meet.

Step 4: Flip and Repeat Turn the paper over and fold all four corners to the center again.

Step 5: Fold in Half Fold the square in half to create a rectangle.

Step 6: Create the Pockets Slip your thumb and fingers into the four pockets on the underside. Push the corners together to form the fortune teller shape.

Decorating Your Fortune Teller:

On the Outside (4 flaps): Draw or color four hearts in different colors:

- ♥ Red Heart
- ♥ Blue Heart
- ♥ Green Heart
- ♥ Yellow Heart

On the Inside (8 triangles): Write the numbers 1 through 8

Under Each Flap (8 kindness skills): Lift each numbered flap and write one of these kindness skills:

1. Show appreciation by telling someone what they do well
2. Offer help to someone completing a task
3. Share toys, crayons and crafts with friends
4. Use kind words even when you disagree



5. Make a gratitude card and give it to someone
6. Thank someone who helps you
7. Invite someone new into your friend group
8. Become an active listener with friends

How to Play:

1. Have a friend or family member pick a colored heart
2. Spell out the color while opening and closing the fortune teller (R-E-D = 3 times)
3. Have them pick a number they can see
4. Count that number while opening and closing
5. Have them pick another number
6. Open that flap to reveal their "kindness fortune"
7. **Most Important:** Help your child DO the kindness action they received!

Discussion Prompts for Families

Use these conversation starters while making and playing with the fortune teller:

While Creating:

- **"What does it mean to be kind?"** Listen to your child's ideas without correcting. There's no wrong answer!
- **"Which of these kindness skills do you think is easiest for you?"** Help them recognize their strengths.
- **"Which one might be hardest? Why?"** Normalize that some skills take more practice.
- **"Can you think of a time someone was kind to you? How did it feel?"** Connect kindness to personal experience.

While Playing:

- **"You got 'Share with friends'—who could you share with today?"** Make it concrete and immediate.
- **"What's one way you could show appreciation to someone in our family?"** Apply skills at home first.
- **"How do you think [person] will feel when you do this kind action?"** Build empathy and perspective-taking.

After Completing a Kindness Action:

- **"How did it feel to do that kind thing?"** Reflect on positive emotions.
- **"What did the other person do or say?"** Notice responses to kindness.
- **"Was it easy or hard? Why?"** Process the experience.
- **"Would you do it again?"** Encourage repetition.



Throughout the Week:

- **"Which kindness skill have you practiced most this week?"** Build awareness of growth.
- **"Has anyone been kind to you this week? What did they do?"** Notice kindness in others.
- **"What's a new kindness skill you want to try?"** Encourage goal-setting.

Why This Activity Matters

Kindness is a skill, not just a feeling. Just like your child learned to tie their shoes or ride a bike, they can learn and practice kindness. This fortune teller gives them specific, actionable ways to be kind every day.

You're their first teacher. When you play along, ask questions, and celebrate their kind actions, you're showing them that kindness matters in your family.

Small actions build big habits. Each time your child practices one of these skills, they're strengthening their ability to build positive relationships, show empathy, and contribute to their community.

Tips for Success at Home:

- ✓ **Model the skills yourself** - Let your child see you showing appreciation, helping others, and using kind words
- ✓ **Make it immediate** - When they get a "fortune," help them do it right away (even if it's to a family member!)
- ✓ **Celebrate effort, not perfection** - Kindness is about trying, not being perfect
- ✓ **Keep it playful** - This should be fun! Play together during car rides, at dinner, or as a bedtime activity
- ✓ **Add your own ideas** - Encourage your child to create new kindness actions that matter to your family
- ✓ **Connect to real life** - Point out when you see others using these skills: "Did you notice how your sister shared her markers? That's one of our kindness skills!"

Connection to School

Your child is learning about kindness as a life skill at school during Kindness Week (tied to Origami Day on November 11). This activity supports what they're learning in the classroom and gives you a fun way to practice these important skills at home.

Kindness Fortune-teller Pack



Teachers are helping students understand that kindness is something we *do*, not just something we *are*. These eight skills give children concrete actions they can take to build friendships, resolve conflicts, and create a positive environment.

Questions or ideas? Share what kindness actions your family created with your child's teacher!

This Month™ - Connecting Learning to the Calendar



Talking to Families About Kindness as a Life Skill

Purpose of This Guide

This guide helps you communicate effectively with families about the Kindness Fortune Teller activity and the life skills approach to kindness education. It provides language, templates, and talking points that are clear, positive, and non-political.

Key Messaging Framework

What to Emphasize:

✓ **Kindness is a learnable skill**, similar to reading, math, or tying shoes ✓ **Concrete, actionable behaviors** are specific things children can practice ✓ **Life skills development** are practical abilities for relationships and community ✓ **Family-school partnership** is working together to support growth ✓ **Growth mindset** everyone can improve skills with practice!

What to Avoid:

✗ Abstract concepts without concrete examples ✗ Language suggesting character judgment ✗ Mandates or requirements that feel heavy-handed

Next... Check out our **Sample Letters to Parents**



Subject: Fun Family Activity for Kindness Week! 🎉

Dear Families,

This week, we're celebrating two special events: **Origami Day (November 11)** and **Kindness Week!** We're combining these by creating Kindness Fortune Tellers—a fun origami craft that helps children practice important life skills.

What is a Kindness Fortune Teller? It's a classic paper fortune teller (remember making these as kids?) that we've filled with eight specific kindness skills. When children play with it, they receive a "kindness fortune"—a concrete action they can practice right away.

The 8 Kindness Skills We're Learning:

1. Show appreciation by telling someone what they do well
2. Offer help to someone completing a task
3. Share toys, crayons and crafts with friends
4. Use kind words even when you disagree
5. Make a gratitude card and give it to someone
6. Thank someone who helps you
7. Invite someone new into your friend group
8. Become an active listener with friends

Why This Matters: Just like children learn to read or tie their shoes, they can learn and practice kindness. These eight skills give children specific, actionable ways to build friendships, work together, and contribute positively to our classroom community. Each skill is something they can practice and improve at over time.

Your child will bring home their fortune teller on [date]. We've included instructions and discussion prompts so you can play together as a family and practice these skills at home.

Try It Together:

- Play the fortune teller at dinner or bedtime
- Help your child complete the kindness action they receive
- Talk about when you see these skills in action
- Add your own family-specific kindness ideas!

Thank you for partnering with us to help your child develop these important life skills!

Warmly,
[Your Name]

P.S. Attached is a detailed guide with instructions for making a kindness fortune teller!



Sharing Observations:

"I've noticed [student] is really strong at [specific skill]. For example, [give concrete example]. An area we're working on together is [skill that needs practice]. [Student] is making progress—last week I saw them [example of growth]."

Inviting Family Partnership:

"At home, you might notice opportunities to practice [skill]. For instance, [give specific example]. When you see [student] practicing these skills, naming what they did specifically—I noticed you shared your crayons with your brother—really reinforces the behavior."

Framing Developmentally:

"Remember, these are skills that develop over time. We're not expecting perfection—we're looking for growth and effort. Every time [student] practices one of these behaviors, they're building their 'kindness toolkit.'"

Sample Email Responses

Response to: "This sounds like indoctrination"

Subject: Re: Kindness Activity

Dear [Parent Name],

Thank you for your email. I want to clarify what we're teaching.

The Kindness Fortune Teller activity teaches eight specific behaviors:

- Offering help to someone who needs it
- Sharing materials
- Using respectful language during disagreements
- Thanking people who help you
- Including others
- Listening when someone is speaking

These are practical skills for working together, not ideological content. They're the same expectations we have for how students treat each other every day in the classroom—we're just making them explicit and giving children concrete ways to practice.

I'm attaching the full activity guide so you can see exactly what we're doing. I'm happy to discuss any specific concerns you have.

Best regards,
[Your Name]

Response to: "My child says everyone has to do this"

Subject: Re: Kindness Fortune Teller

Dear [Parent Name],



Thank you for checking in! Let me clarify.

All students will make the origami fortune teller as part of our art and fine motor skills activity for Origami Day. The eight kindness skills written inside are behaviors we teach and expect as part of our classroom community—similar to how we teach and expect students to raise their hands, share materials, and use inside voices.

Students aren't required to "feel" a certain way, but they are expected to practice these behaviors (helping, sharing, respectful communication, etc.) as part of being a member of our classroom. We frame these as skills that everyone can develop and practice, not as judgments of who is or isn't "kind."

Does this help clarify? I'm happy to discuss further.

Best regards,
[Your Name]

Building Parent Buy-In: Proactive Strategies

1. Preview with Parent Advisory Groups

If your school has a parent council or PTA, preview the activity and get feedback before implementation.

2. Share the "Why"

Help parents understand the research behind skills-based learning and how it supports academic success.

3. Show, Don't Just Tell

Include photos, student work samples, and specific examples of skills in action.

4. Connect to Familiar Concepts

"Remember when schools taught please/thank you, sharing, and taking turns? These are updated versions of those timeless skills."

5. Highlight the Home-School Partnership

Frame parents as essential partners in teaching these skills, not outsiders to school business.

Remember:

Most parents want:

- Their children to be successful
- Clear communication about what's happening at school
- To be treated as partners, not outsiders
- Specific, actionable ways to support learning at home



- Assurance that classroom activities are appropriate and beneficial

Your communication should:

- Be clear and specific
- Focus on skills and behaviors, not feelings or character
- Invite partnership
- Acknowledge parental expertise
- Provide concrete examples
- Stay positive and solution-focused

When in doubt, emphasize: "We're teaching specific behaviors that help children work together successfully—the same skills that will serve them in school, work, and community throughout their lives."

This Month™ - Supporting Strong Family-School Partnerships