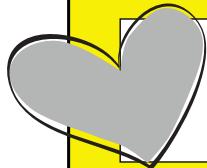


WE ALL  
**BEE-LONG**

# Activity Book

# KINDNESS challenge



Challenge yourself to four random acts of kindness this week.  
Write them below:

1.

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2.

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---

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3.

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4.

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Reflection

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# COMPLIMENT YOURSELF

Take a moment to think about how other people view you. What are five nice things others would say about you, that you are proud of?

1

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2

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3

---

4

---

5

---



# RESPECT

Write your own definition for respect:

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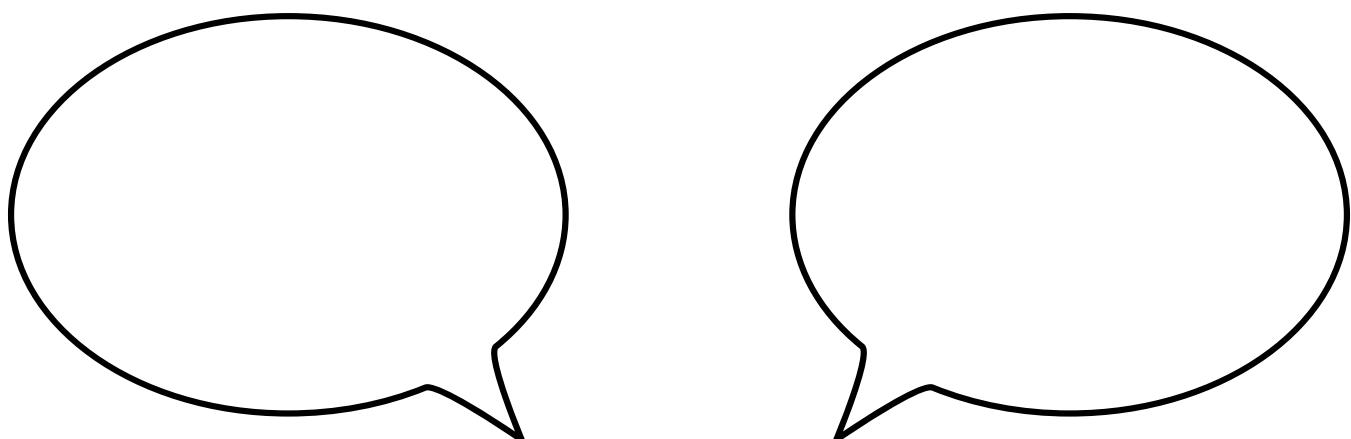
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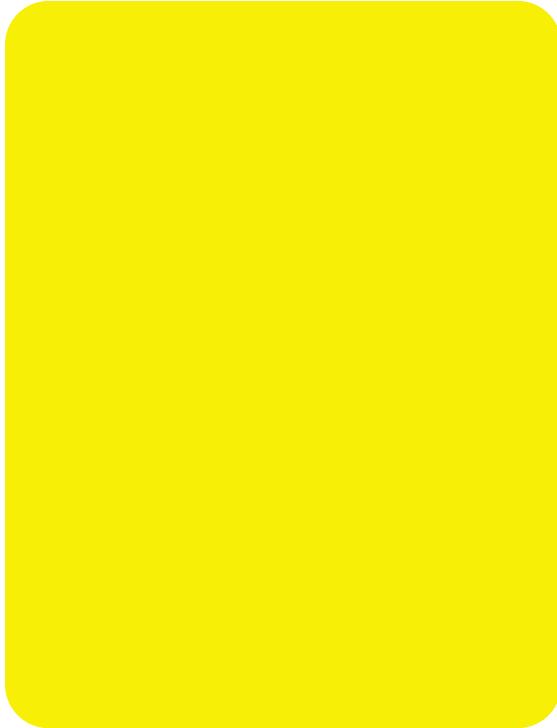
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Fill in the speech bubbles to demonstrate a respectful conversation:



# KINDNESS IS CONTAGIOUS

It feels so good when someone says something nice to you.. But often, we forget to tell someone when we think they have done a great job, or when we admire a quality in them. Choose four people in your class to write a kind, specific message to. Try to write one for someone who isn't in your immediate friendship group.



My name: \_\_\_\_\_

I am interviewing: \_\_\_\_\_

BACK 2  
SCHOOL

# Friendship Interview

**Instructions:** Pair up with a classmate, and ask them the following questions. Record their answers, and be ready to introduce your new friend to the rest of your class.

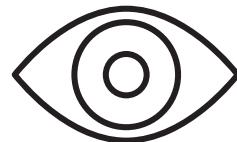
## Basic Details:

Name: \_\_\_\_\_

Birthday: \_\_\_\_\_

Home town: \_\_\_\_\_

Eye color:



Hair color: \_\_\_\_\_

## Family Details:

List family members names and ages, including any pets:

## Favourites:

Food: \_\_\_\_\_

Animal: \_\_\_\_\_

Friend: \_\_\_\_\_

## Hobbies:

## Strengths:

## Future:

What does your new friend want to be when they grow up?

Why do they want to be this?

## Fun Fact:



Name: \_\_\_\_\_

# FRIEND

Write a poem using the letters below.



**F**

\_\_\_\_\_

**R**

\_\_\_\_\_

**I**

\_\_\_\_\_

**E**

\_\_\_\_\_

**N**

\_\_\_\_\_

**D**

\_\_\_\_\_

\_\_\_\_\_



# B.E.E. the One ~ Word Search

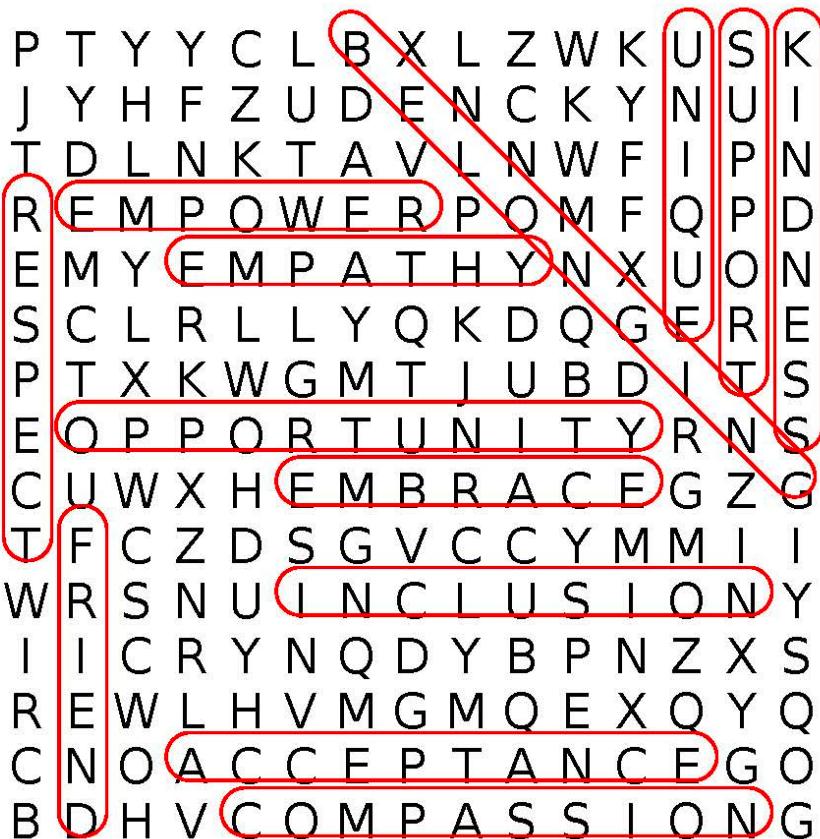
P T Y Y C L B X L Z W K U S K  
J Y H F Z U D E N C K Y N U I  
T D L N K T A V L N W F I P N  
R E M P O W E R P O M F Q P D  
E M Y E M P A T H Y N X U O N  
S C L R L L Y Q K D Q G E R E  
P T X K W G M T J U B D I T S  
E O P P O R T U N I T Y R N S  
C U W X H E M B R A C E G Z G  
T F C Z D S G V C C Y M M I I  
W R S N U I N C L U S I O N Y  
I I C R Y N Q D Y B P N Z X S  
R E W L H V M G M Q E X Q Y Q  
C N O A C C E P T A N C E G O  
B D H V C O M P A S S I O N G

OPPORTUNITY  
ACCEPTANCE  
EMBRACE  
KINDNESS  
UNIQUE

COMPASSION  
INCLUSION  
EMPOWER  
SUPPORT

BELONGING  
EMPATHY  
RESPECT  
FRIEND

# B.E.E. the One ~ Word Search



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