

WE ALL
BEE-LONG

Activity Book

KINDNESS challenge



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

1.

2.

3.

4.

Reflection



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

2

3

4

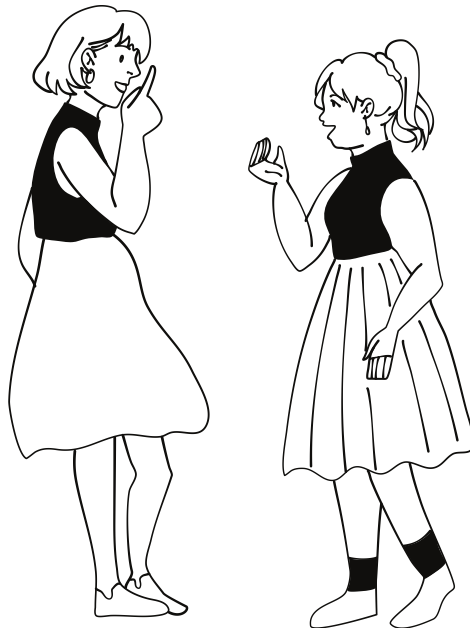
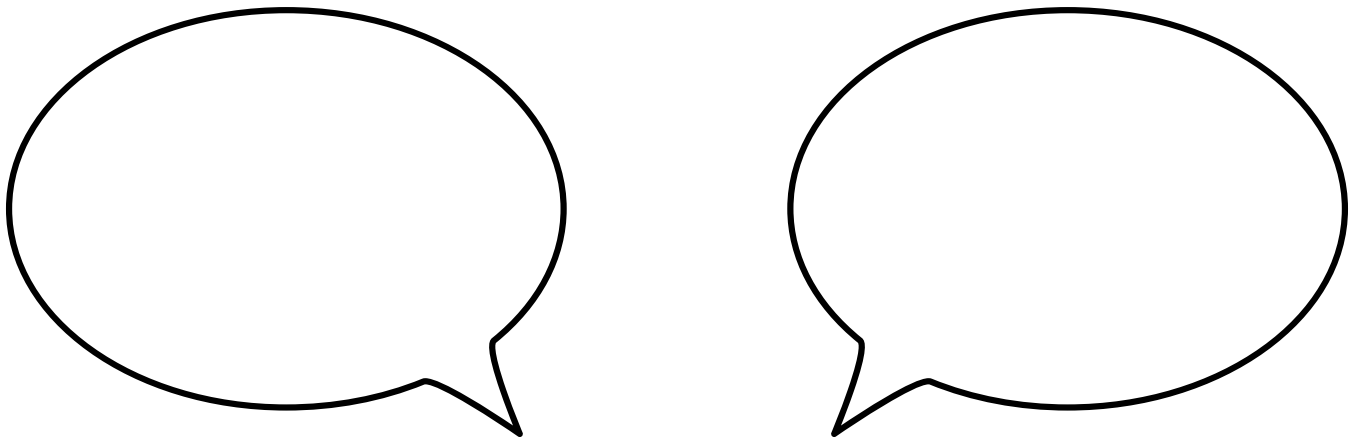
5



RESPECT

Write your own definition for respect:

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: _____



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

COMPASSION

BELONGING

ACCEPTANCE

INCLUSION

EMPATHY

EMBRACE

EMPOWER

RESPECT

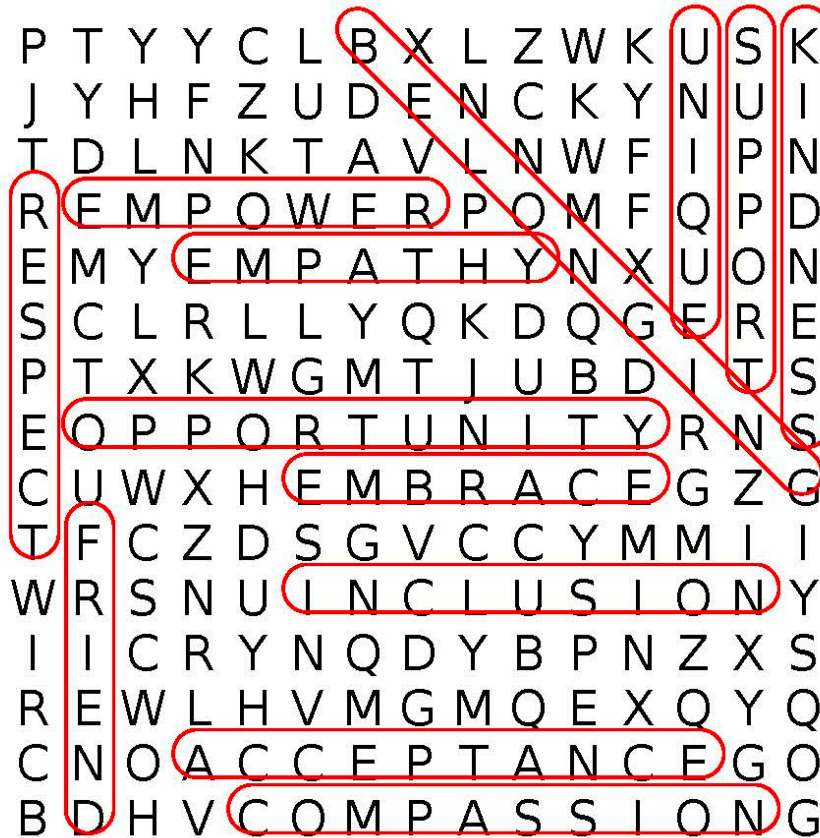
KINDNESS

SUPPORT

FRIEND

UNIQUE

B.E.E. the One ~ Word Search



OPPORTUNITY

COMPASSION

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