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KINDNESS

Kindness is . . .

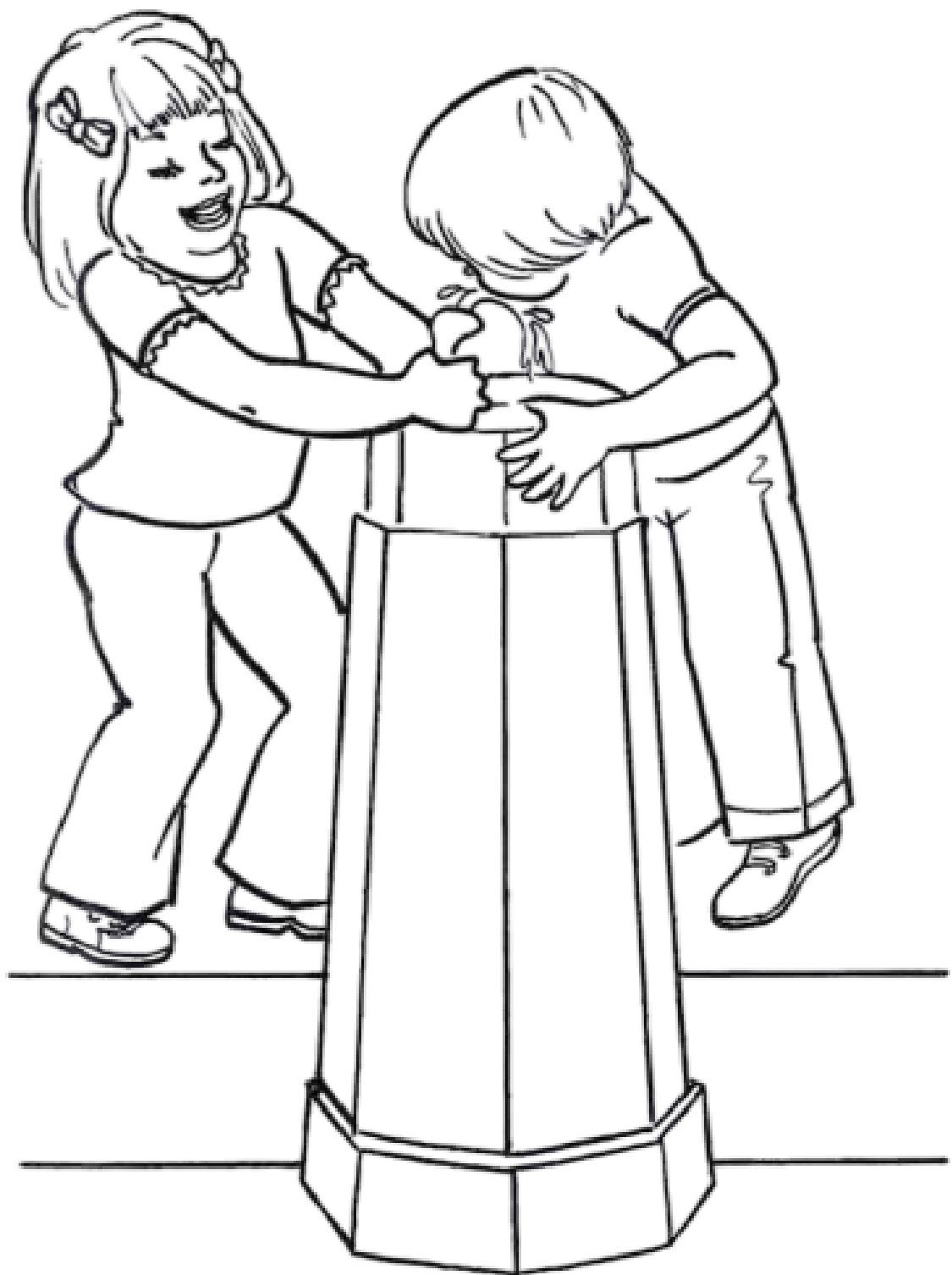
Throwing seeds out to the birds
when the snow is falling.



Kindness is . . .
Sharing my dolly
when she's my favorite one.



Kindness is . . .
Not pulling my kitty's tail
when he is close to me.



Kindness is . . .

Doing to others

what I want them to do for me.



UNDERSTANDING

Jenny is my friend.



I see with my eyes.
But Jenny can't see.
Jenny is blind.



I take Jenny's hand.
We run barefoot across the grass.
It tickles our toes.
We laugh.

We sit quietly under a tree.

“Listen,” says Jenny, “I hear a birdie.”

The bird comes closer.

His song is louder.

We listen quietly.



I let Jenny hold a rock I found.

Jenny says,

“Oh, the rock is smooth and hard.”

“You may keep it, Jenny,” I say.

“Thank you,” she answers.



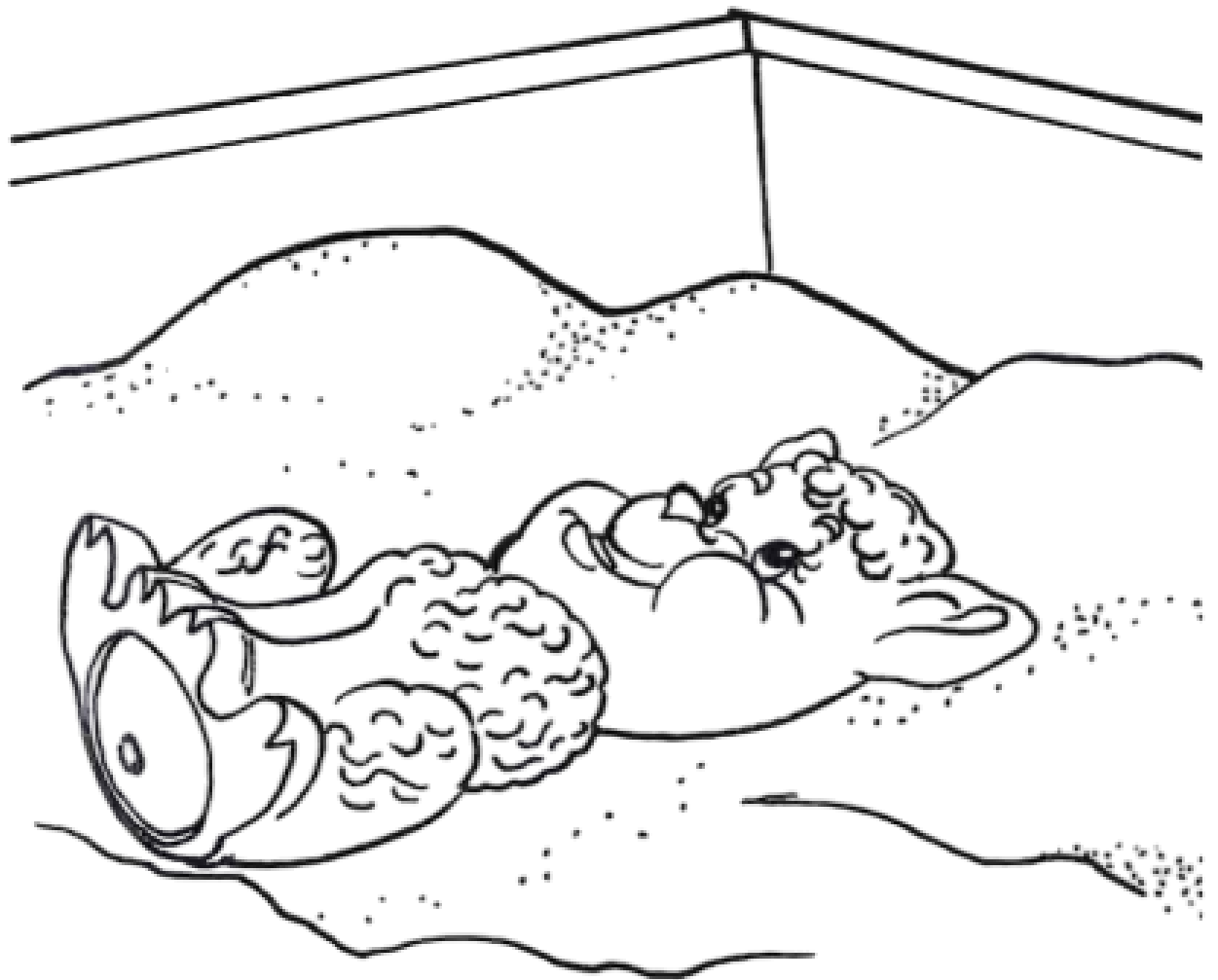


I like to walk with Jenny.
We hear and feel the same.



THOUGHTFULNESS

Little Brother Mark is in his highchair.
His face is covered with squash.
Mommy gets a washcloth.
She is getting Mark ready for a nap.



I look out the window.
I see Mark's little lamb in the sand pile.
He forgot to bring it in.
I know Mark will want his lamb.



I run out to the sand pile.
I brush the sand off the lamb.
I bring it in and put it on Mark's bed.

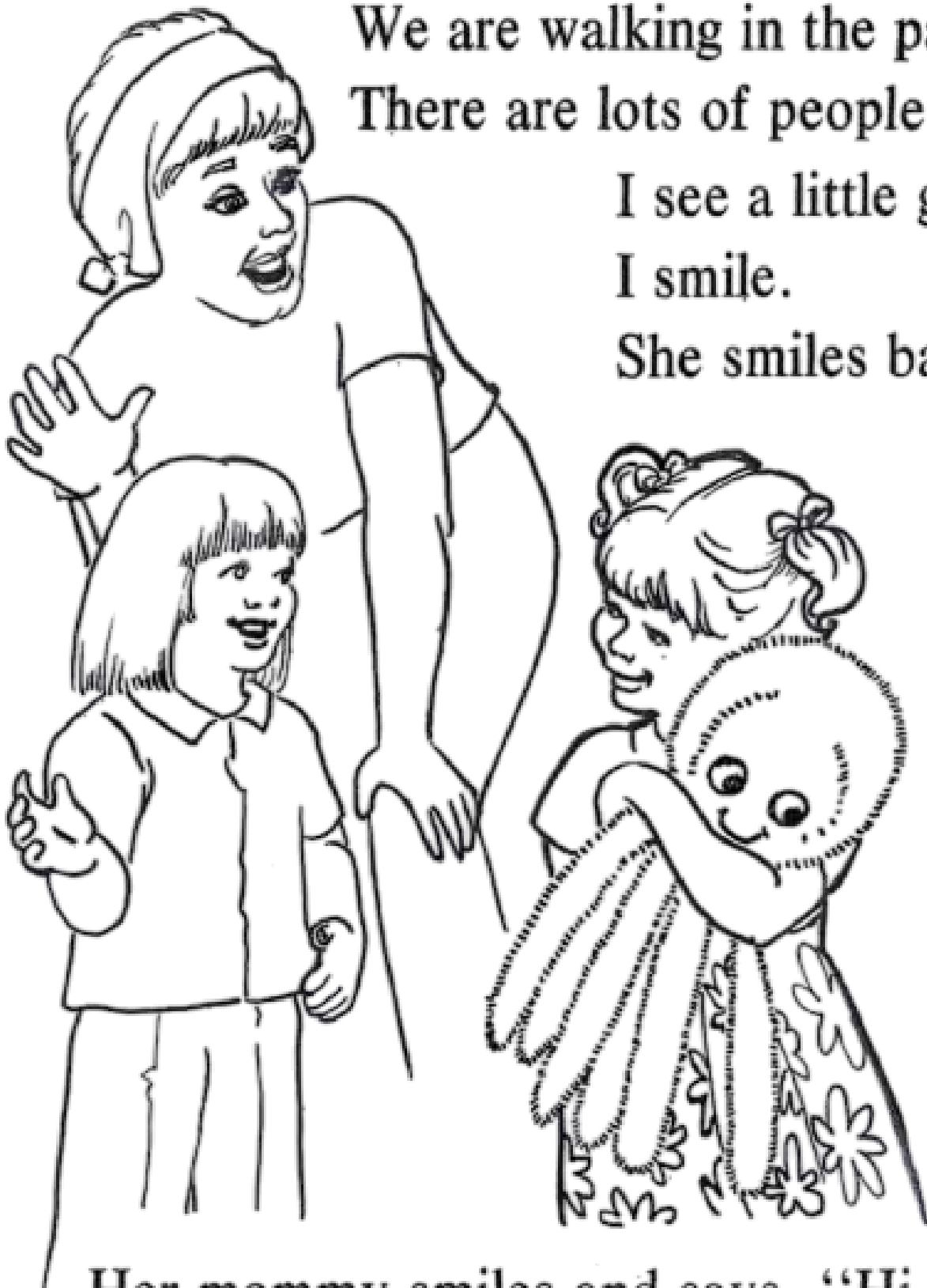


Mommy tucks Mark into bed.
He is rubbing his eyes.
He hugs his lamb.
Seeing Mark happy makes me happy

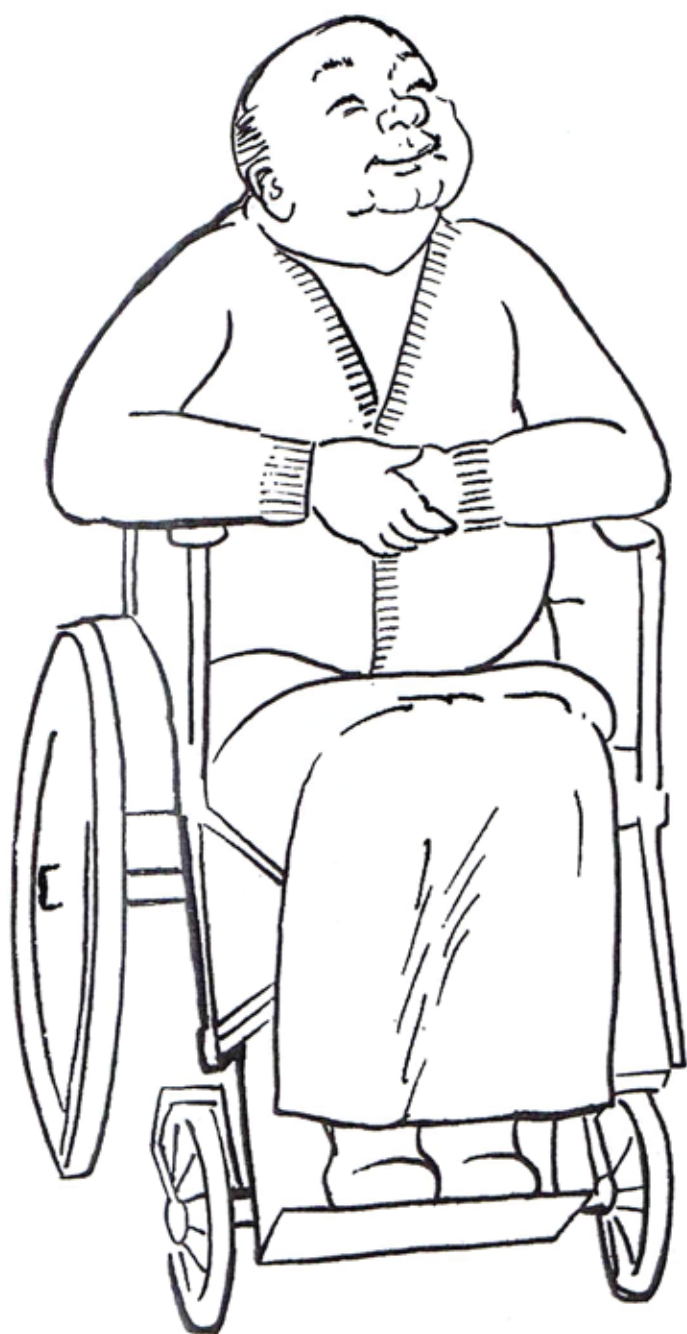
FRIENDLINESS

We are walking in the park.
There are lots of people.

I see a little girl.
I smile.
She smiles back.



Her mommy smiles and says, "Hi."
Two smiles come back to me.



I see a grandfather in a wheel chair.
I smile and say, "Hi."
He smiles.
I now have three smiles.



I see a little boy crying.
I smile.



He smiles a little smile.
His mommy smiles too.
Two more smiles come back.
When I give away smiles
More come back to me.
I like that.



UNSELFISHNESS

One for me.

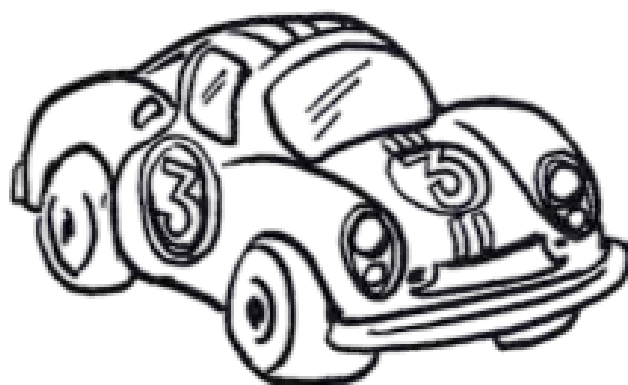
One for you.

Jeff and I share the blocks.

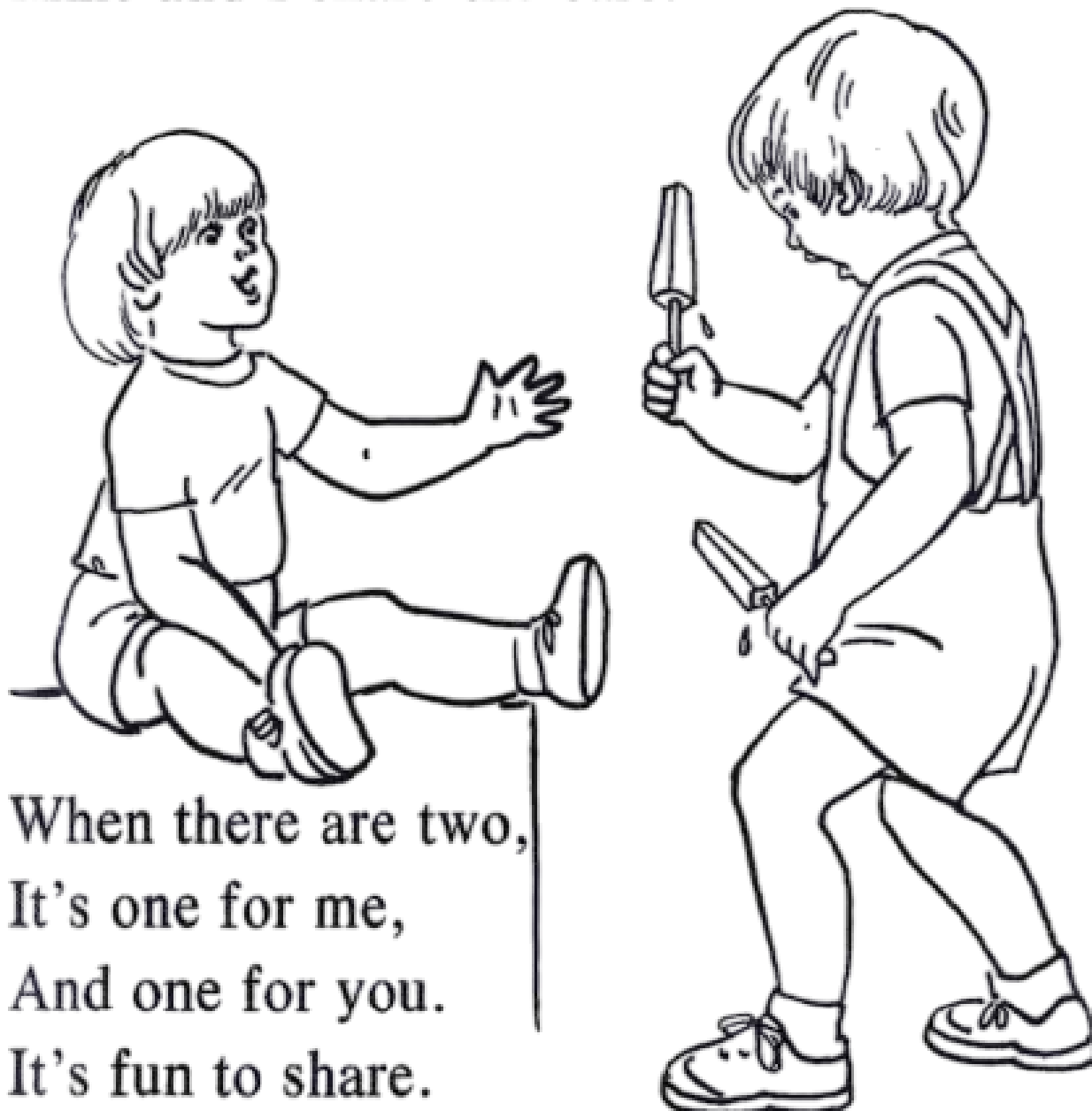
One for you.



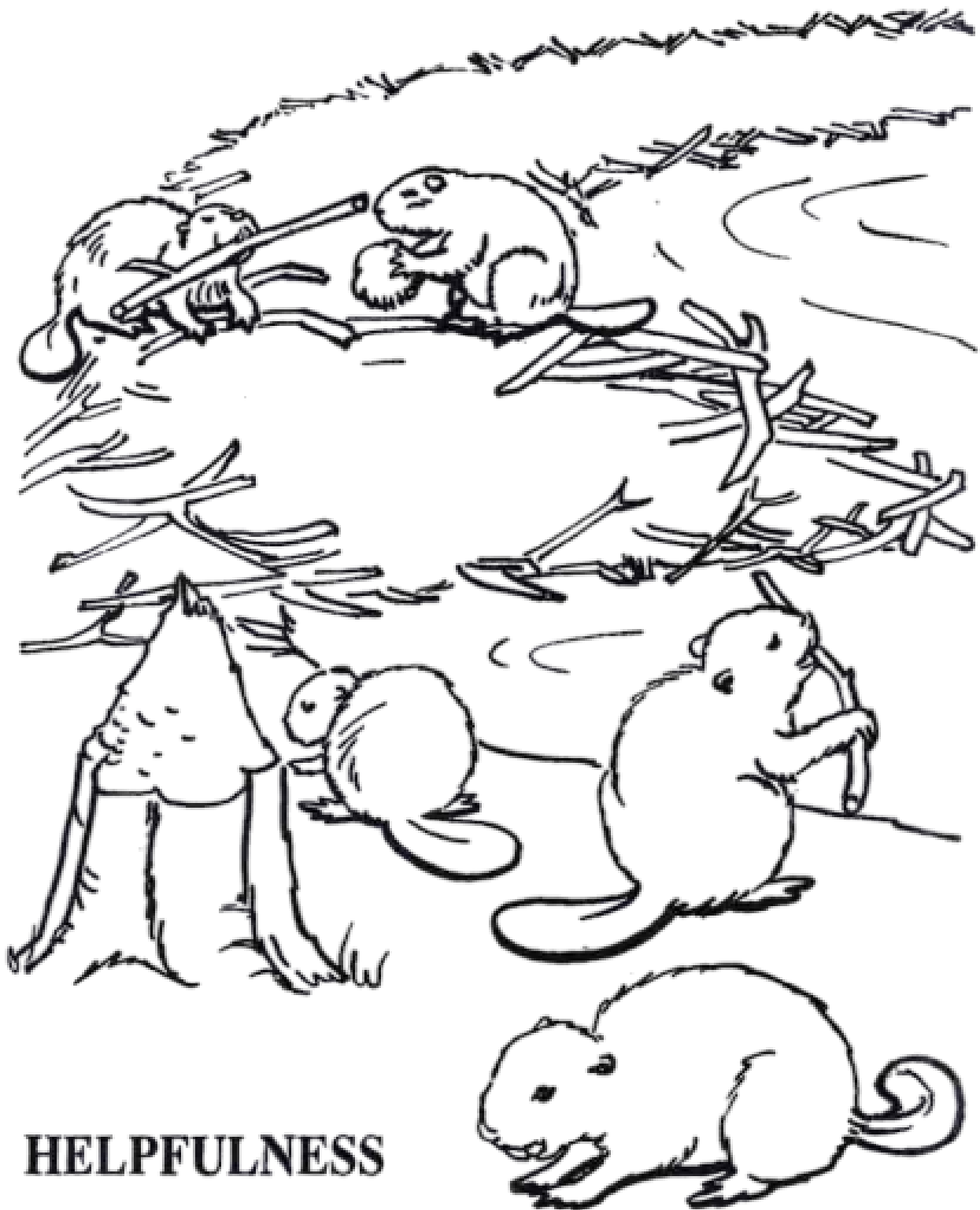
One for me.



Mike and I share the cars.

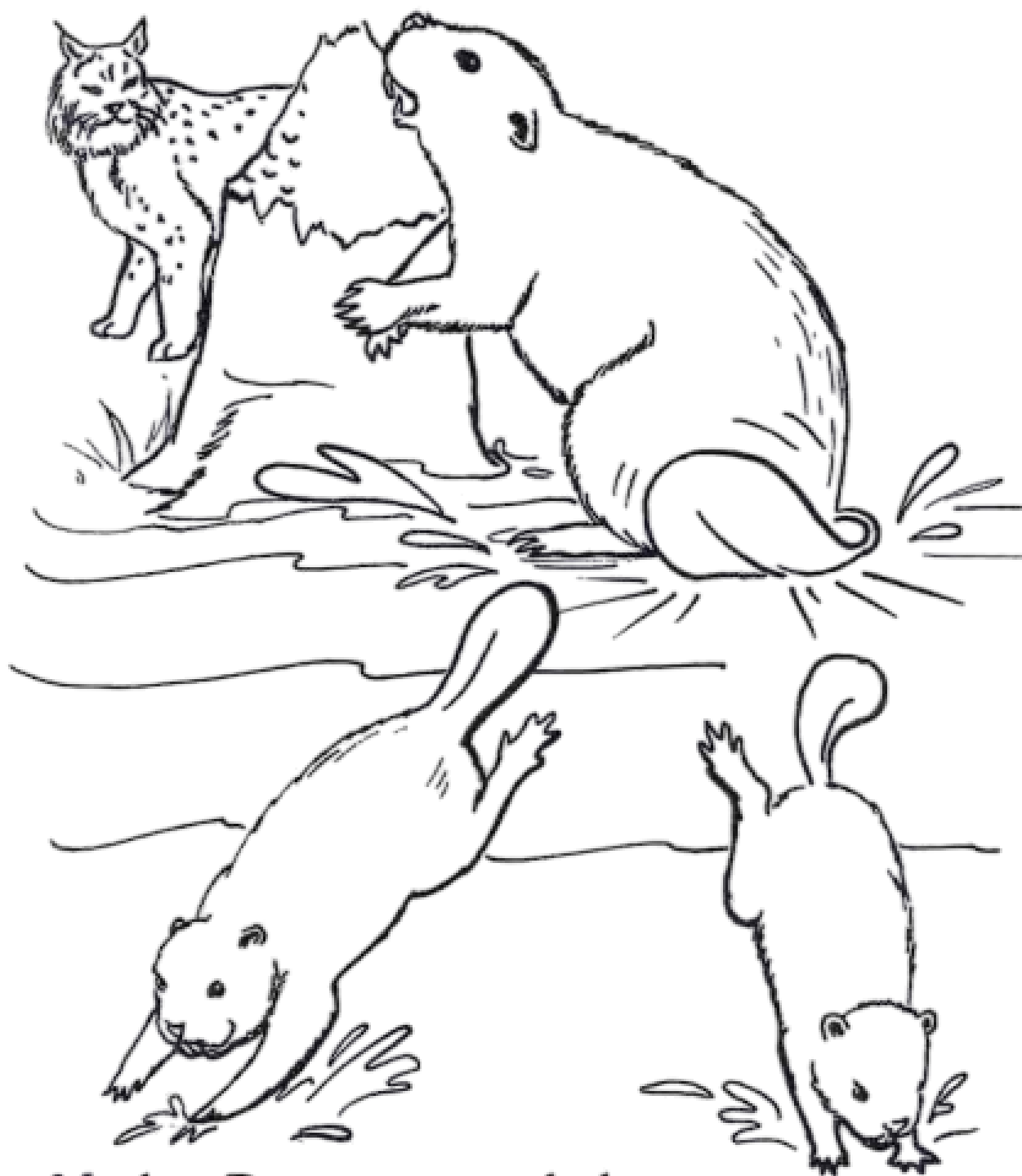


When there are two,
It's one for me,
And one for you.
It's fun to share.



HELPFULNESS

The beavers are building their home.
They bring tree branches
and rocks and mud.



Mother Beaver sees a bobcat.

Smack goes her tail to warn the family.

Under the water go the baby beavers.

The bobcat leaves.

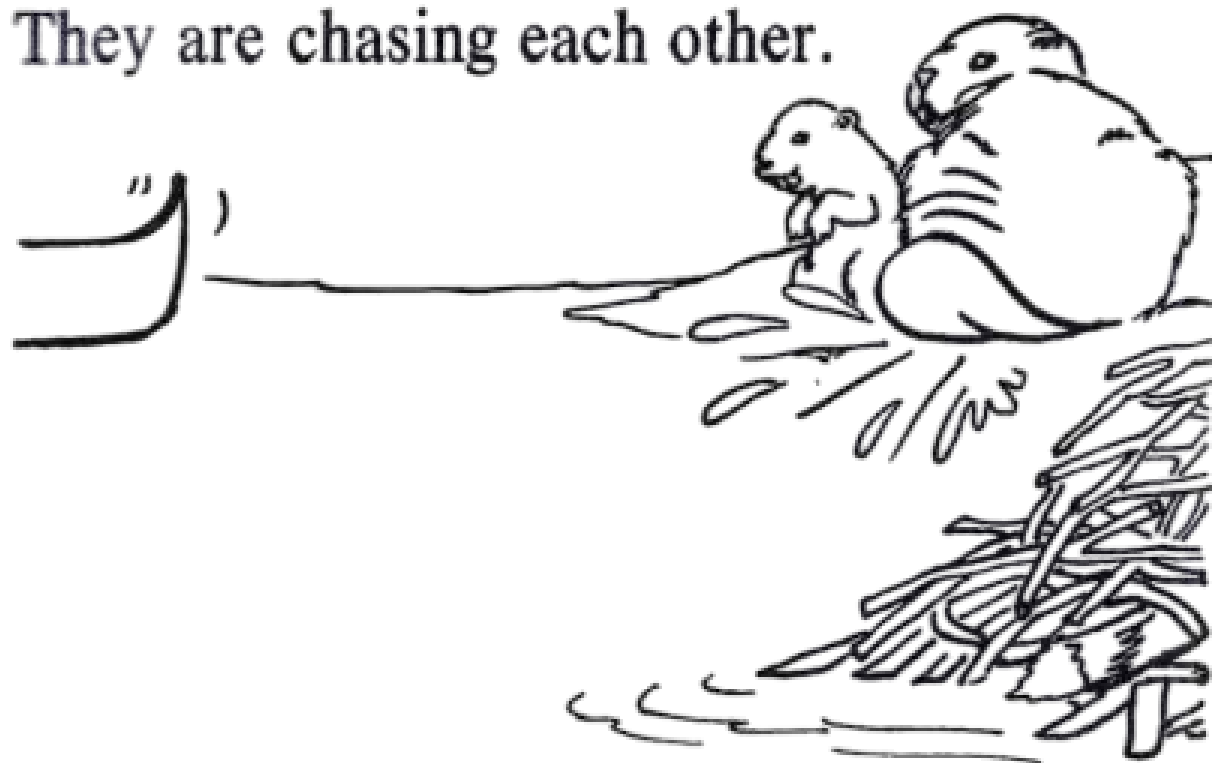


The beavers are eating breakfast.
The leaves and small branches taste good.
Suddenly Daddy Beaver sees a fox.
Smack goes his tail.



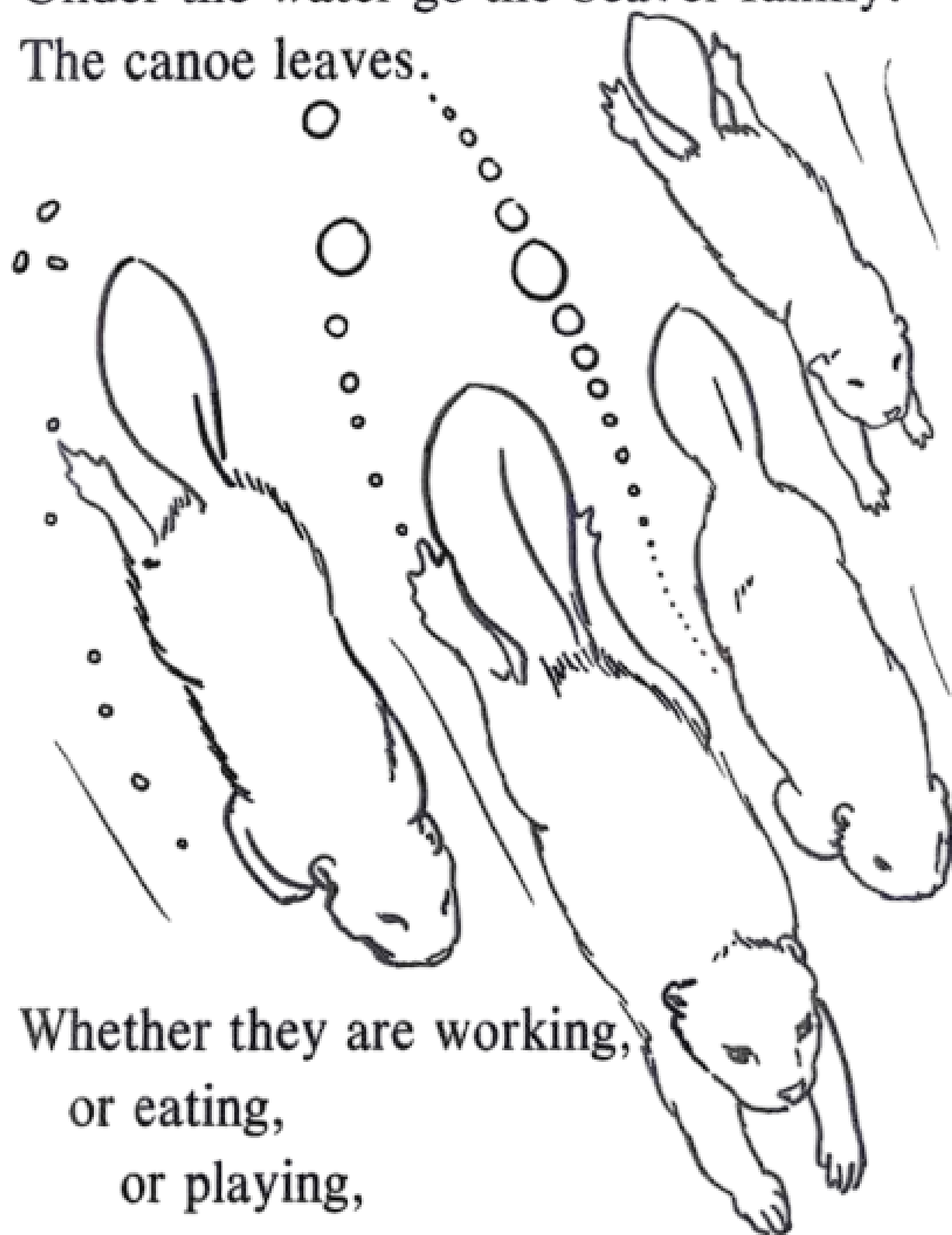
Under the water go all the beavers.
The fox leaves.

The beavers are swimming round and round.
They are chasing each other.



Big Brother and Sister see a canoe.
Smack, smack, go their tails.

Under the water go the beaver family.
The canoe leaves.



Whether they are working,
or eating,
or playing,
the beavers watch.

If they see danger their tails go *smack*!
The beavers help each other.

COOPERATION

Little Sister Karen is sick.
She cries and cries.



Mommy rocks and pats her.

I want Mommy to rock me, too.

Mommy says, "If you will help me now
I will rock you when she is asleep."



At last Karen goes to sleep.
Mommy puts her in her bed.
“Thank you for helping me,” says Mommy.
“I will rock you now.”



GENTLENESS

Mother Lion can be dangerous.
But she can be gentle, too.
She lies in the shade.
Her tail switches back and forth.



Baby Lion jumps on her tail.
He growls a little.
He bites.
Mother Lion does not hurt him.



Baby Lion jumps on his mother's paw.
She rolls him on his back.



She growls and bites playfully.
Mother Lion does not hurt him.



Mother Lion opens her mouth wide.
Baby Lion looks inside.
He backs away.
Mother Lion does not hurt him.



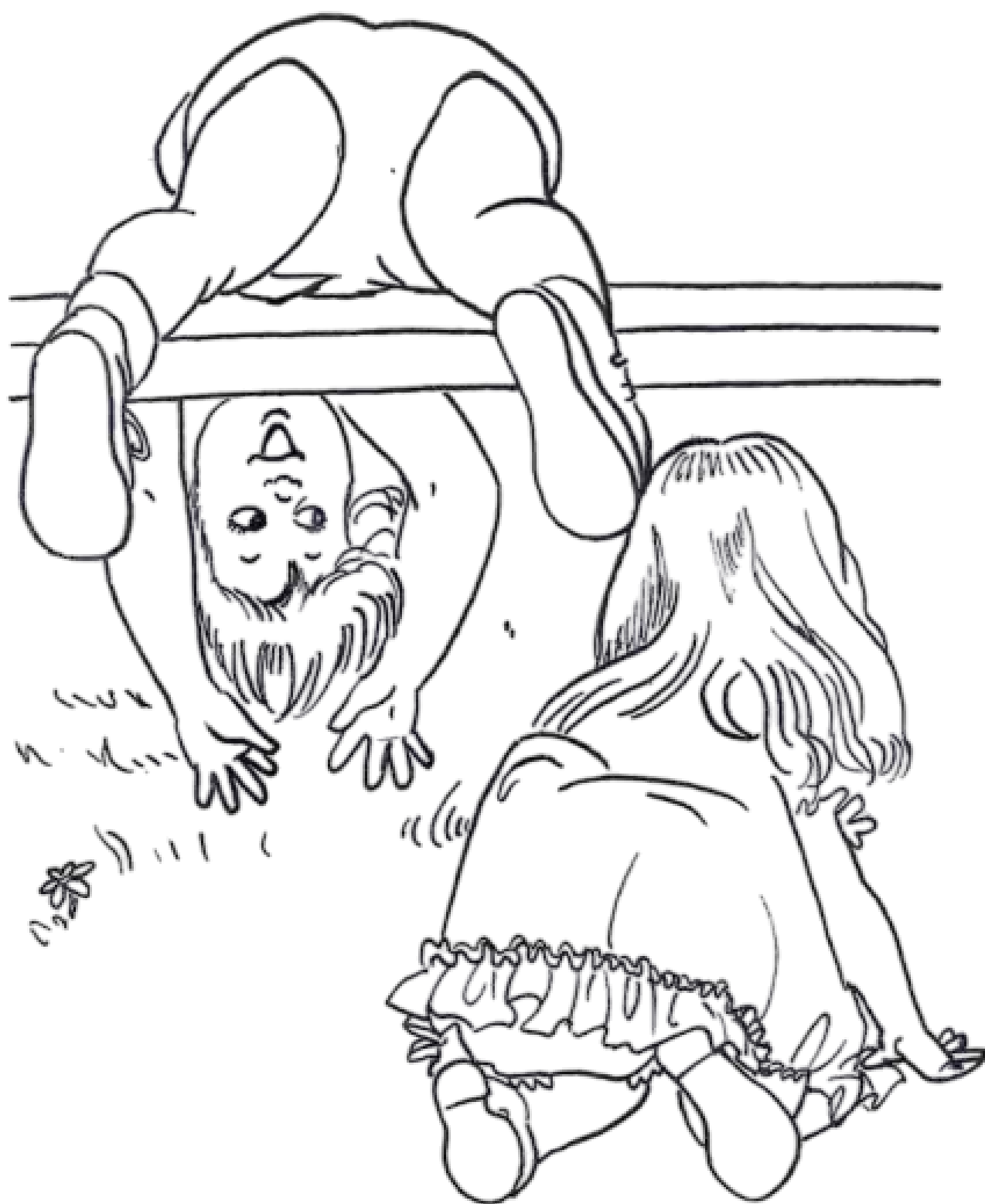
Baby Lion is not afraid.
Mother Lion can be dangerous,
But she can be gentle, too.

DEPENDABILITY



I pick a daisy for the table every day.
That's my job.

Daddy says, "A flower a day
keeps a frown away."



Today Tom came to play.
We played and played.
I forgot my job.



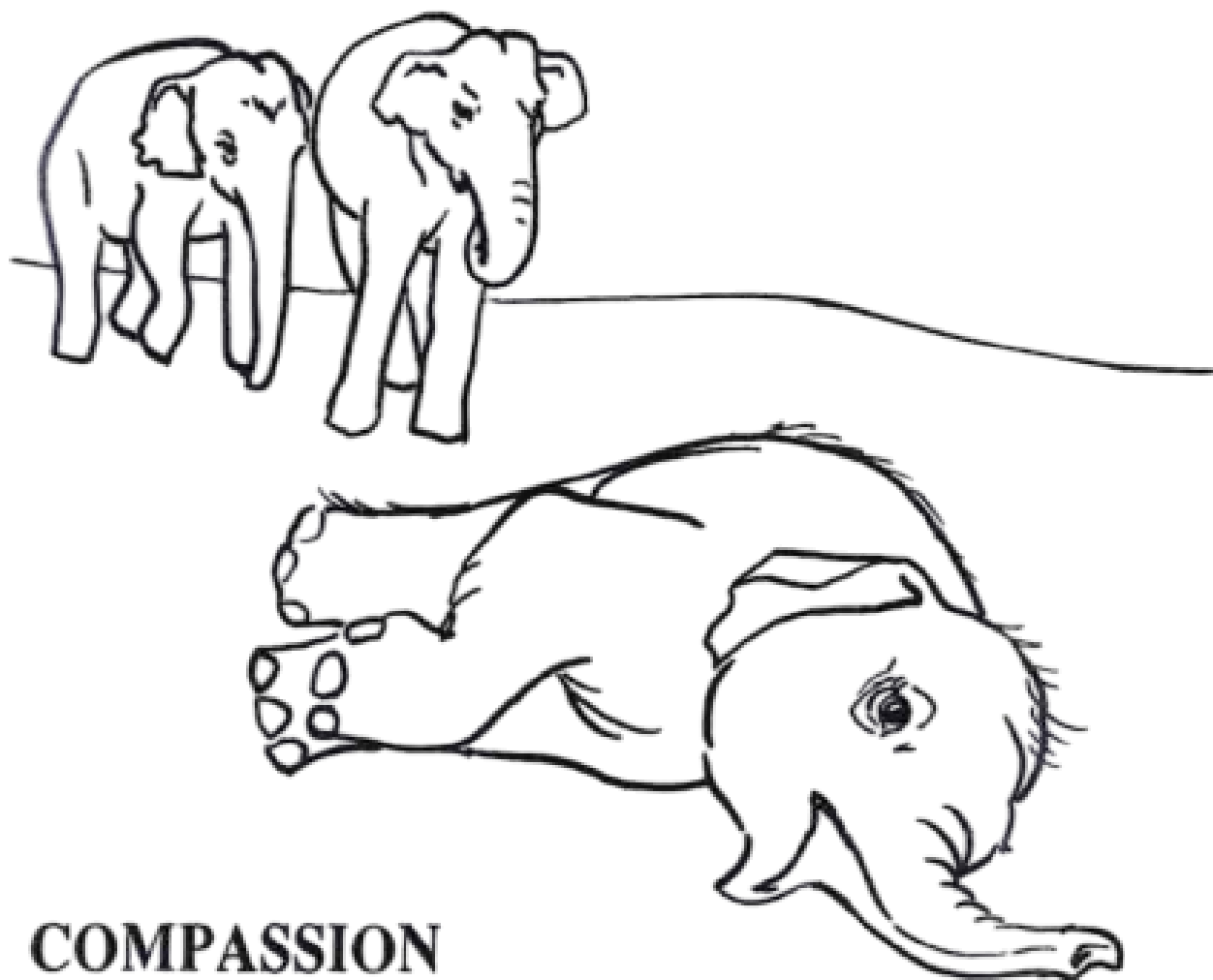
At lunch I saw the wilted daisy.
I remembered what Daddy said,
“A flower a day keeps a frown away.”

I ran to the garden.

Quickly I picked a daisy for the table.



That's my job.



COMPASSION

Elmer, the elephant, cut his foot.

It hurt.

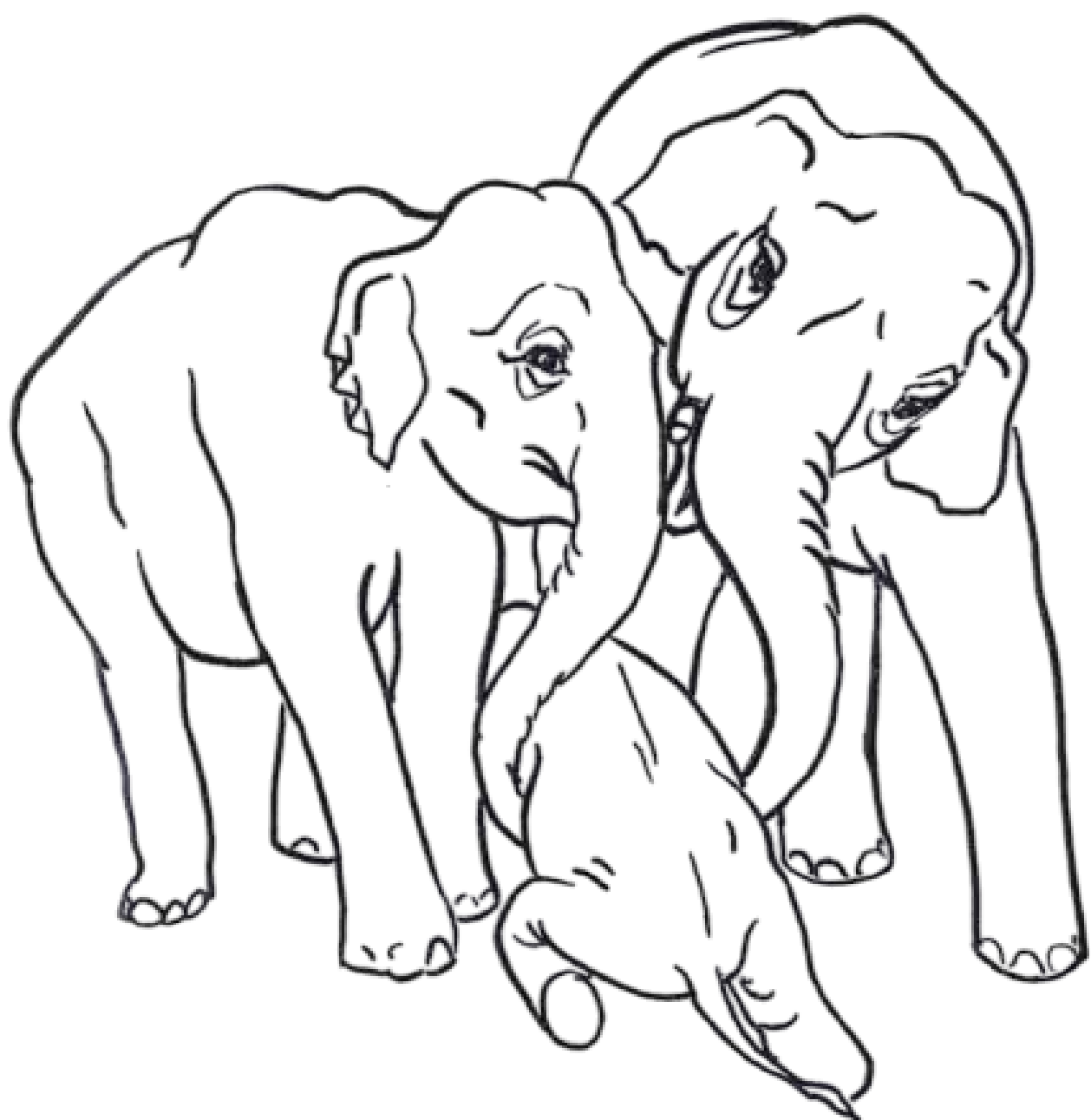
He could not walk.

He could not get food and water.

Jumbo, the biggest elephant,
watched Elmer.

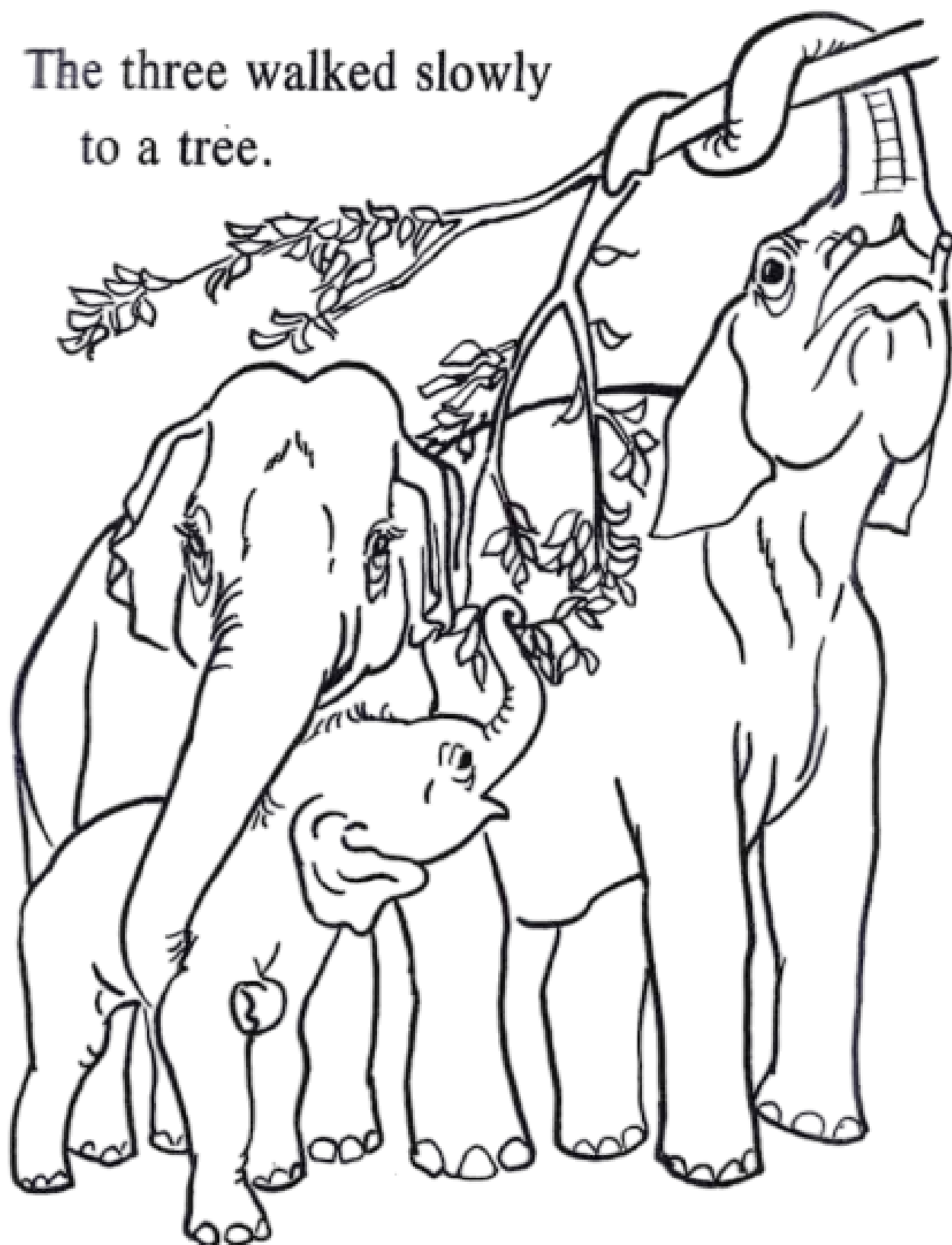
Big Ears watched Elmer, too.

They walked over to Elmer.

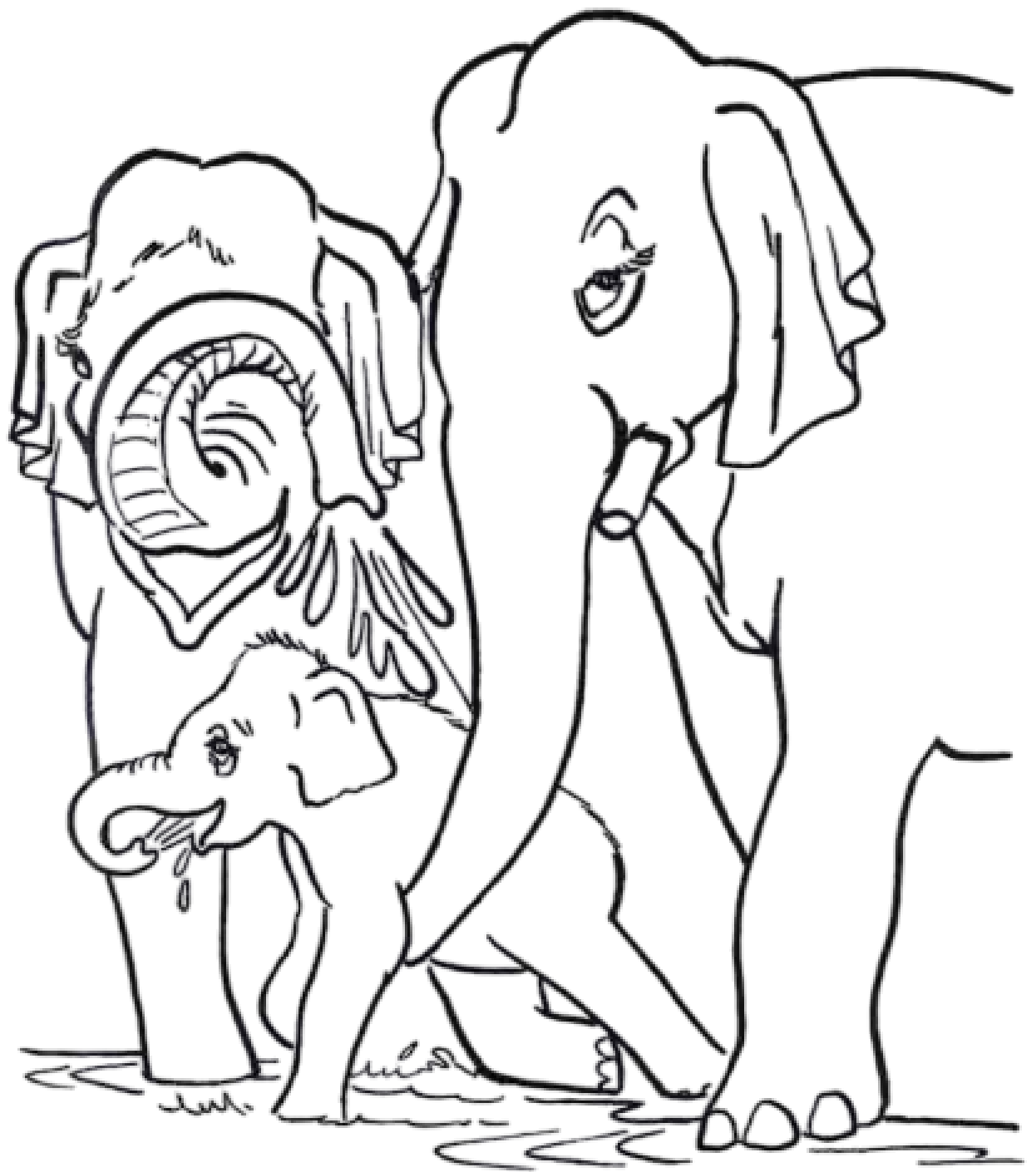


Jumbo stood at one side of Elmer.
Big Ears stood at his other side.
They helped *Elmer* get up.

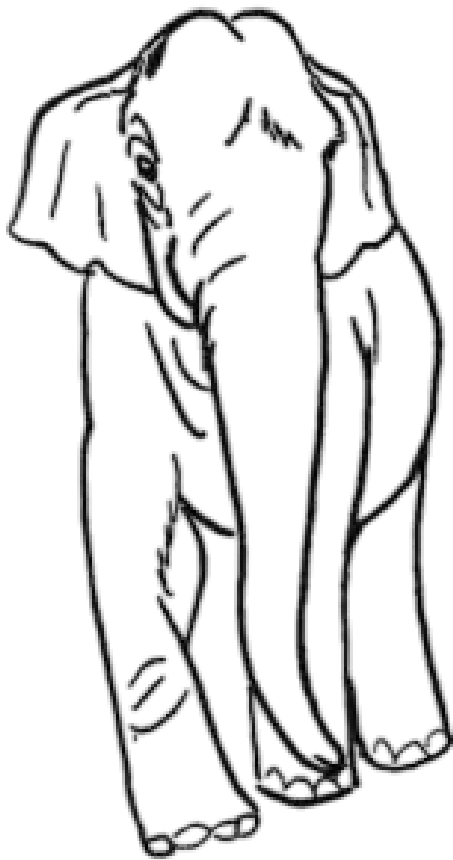
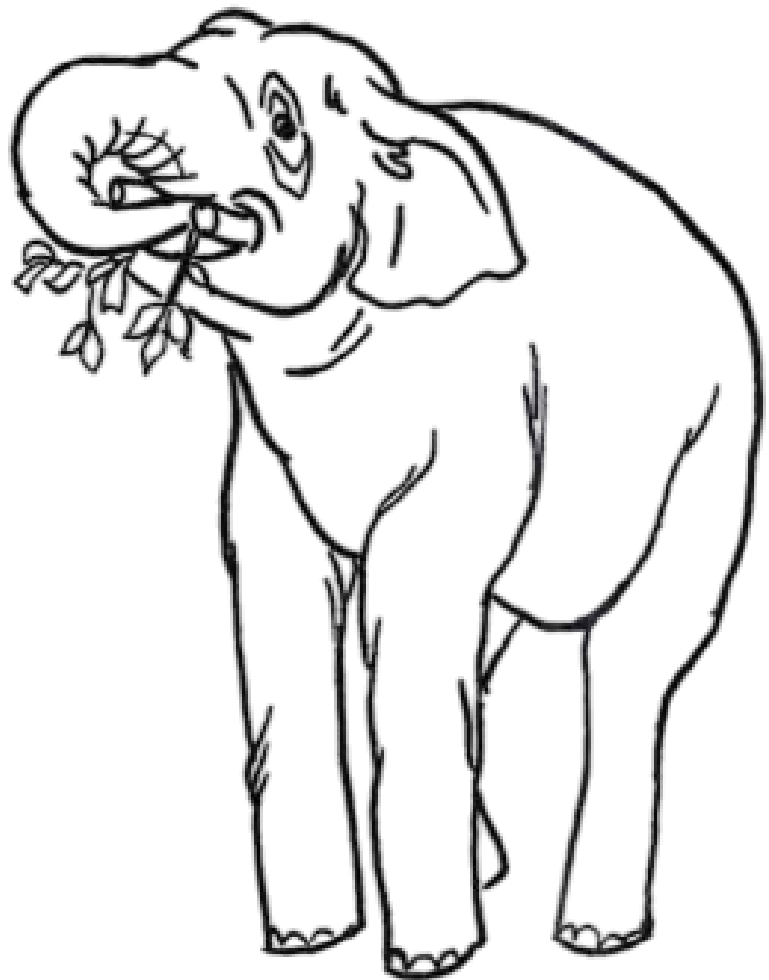
The three walked slowly
to a tree.



Elmer could not get food to eat.
Big Ears and Jumbo held Elmer up
while he ate.

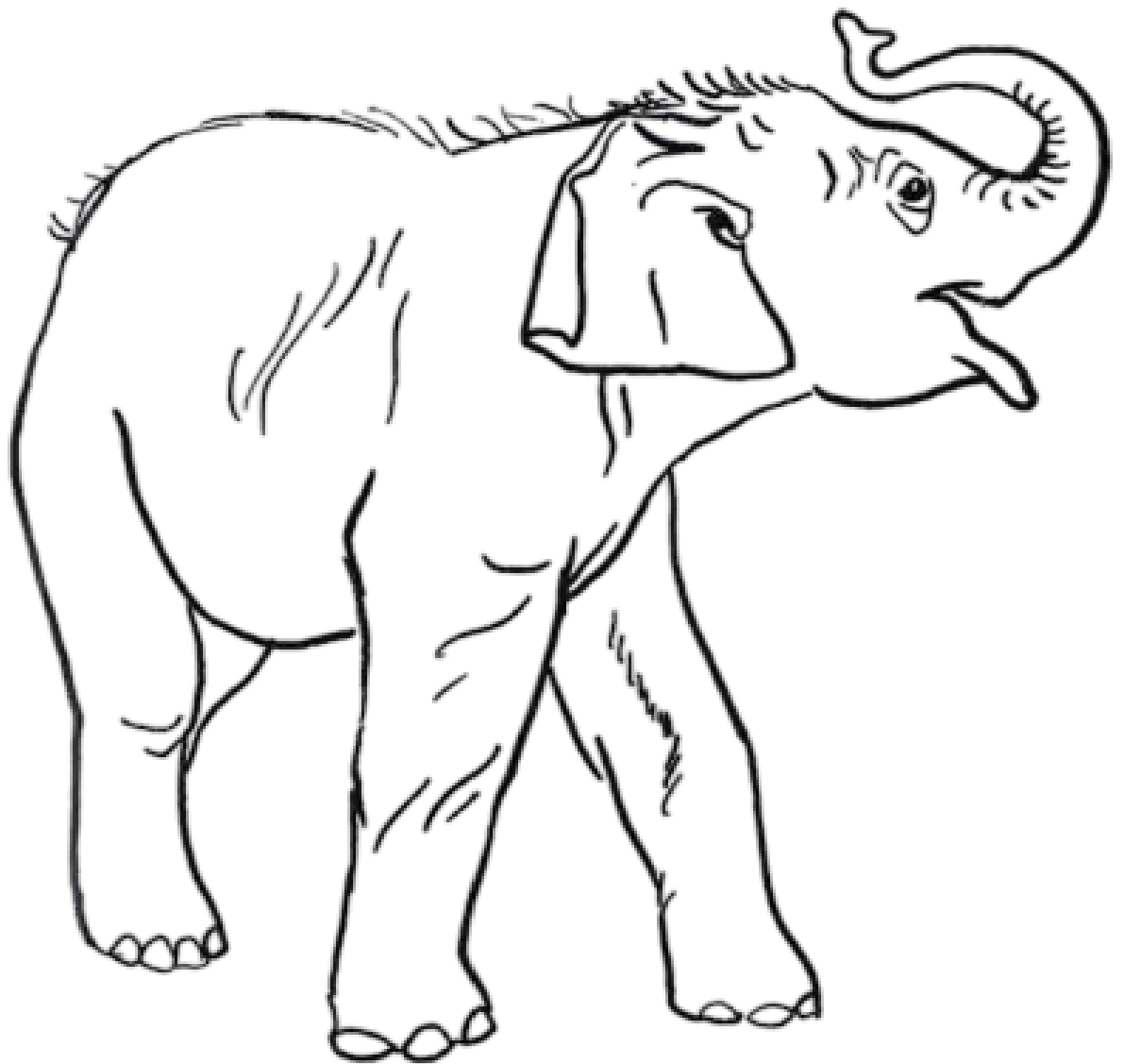


They helped him limp slowly
To the water hole.
He drank a lot of water.
Then he needed to rest.



While Elmer napped,
Jumbo and Big Ears ate.

When Elmer woke up
they came back to help him.



Soon Elmer's foot was well.
Jumbo and Big Ears were not needed now.
Elmer could walk alone.

ACCEPTANCE



I have freckles.
Suzie doesn't.
I don't mind.
I like Suzie anyway.



I am older than Larry.
I can catch him when he runs.
Larry doesn't mind.
He likes me anyway.



Frank and I play ball.
He can throw the ball across the yard.
I can't.
I don't mind.
I like Frank anyway.



God made me the way I am.
God made you the way you are.
We are different.
I don't mind.
We can like each other anyway.



SELF-SACRIFICE

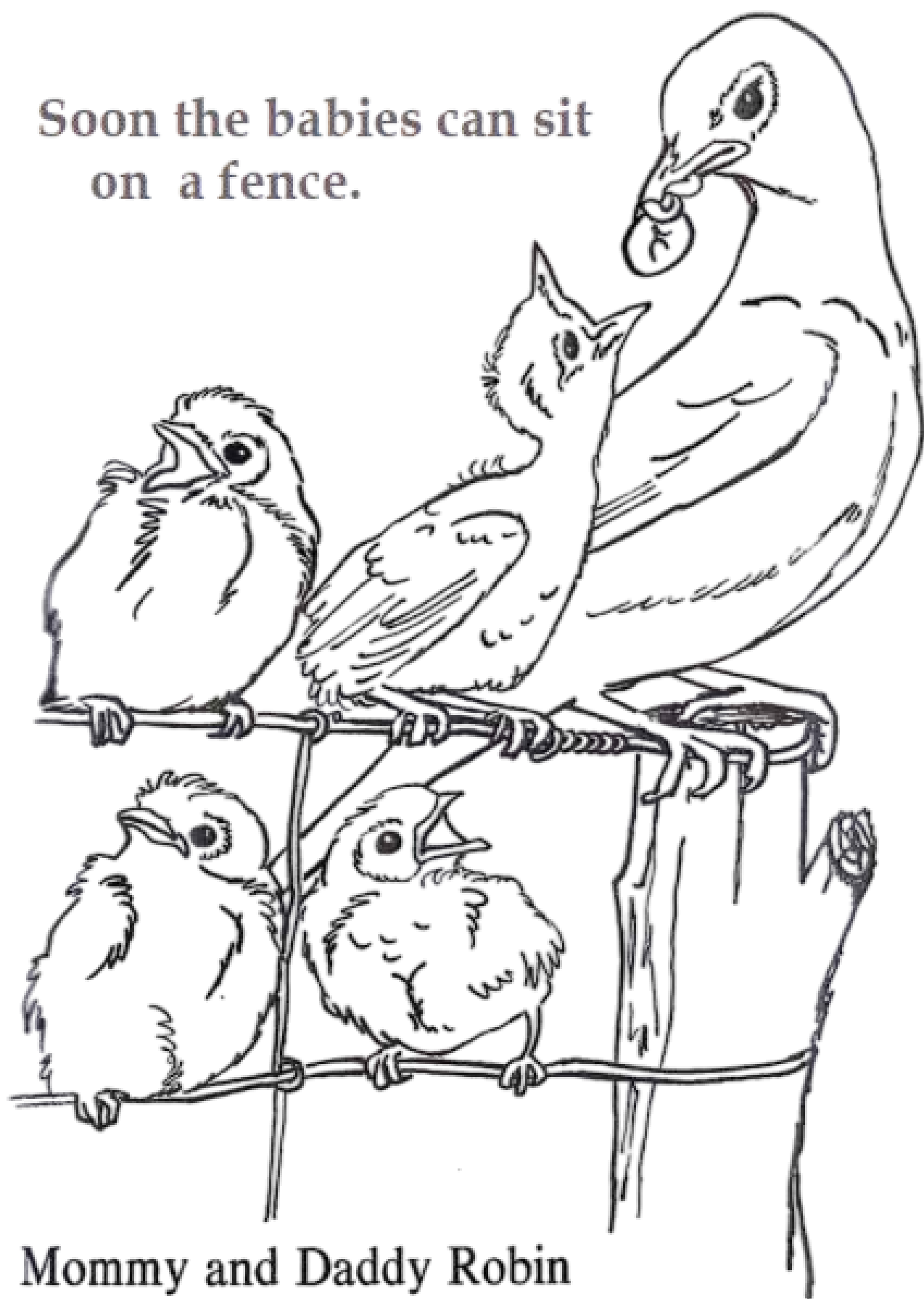
Mommy and Daddy Robin have four babies.
Four babies eat, and eat, and eat.
Mommy and Daddy Robin must catch food.
Hurry, hurry, hurry.

Up and down, back and forth.
Mommy and Daddy Robin catch food
for their babies.

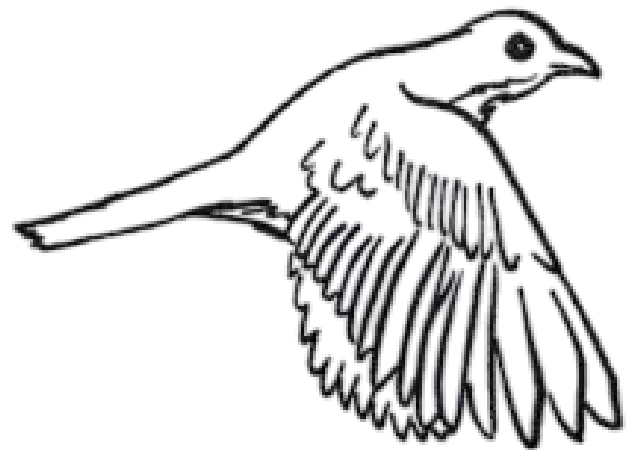


“Cheep, cheep, cheep,” cry the baby robins.
They want food.
Hurry, hurry, hurry.

Soon the babies can sit
on a fence.

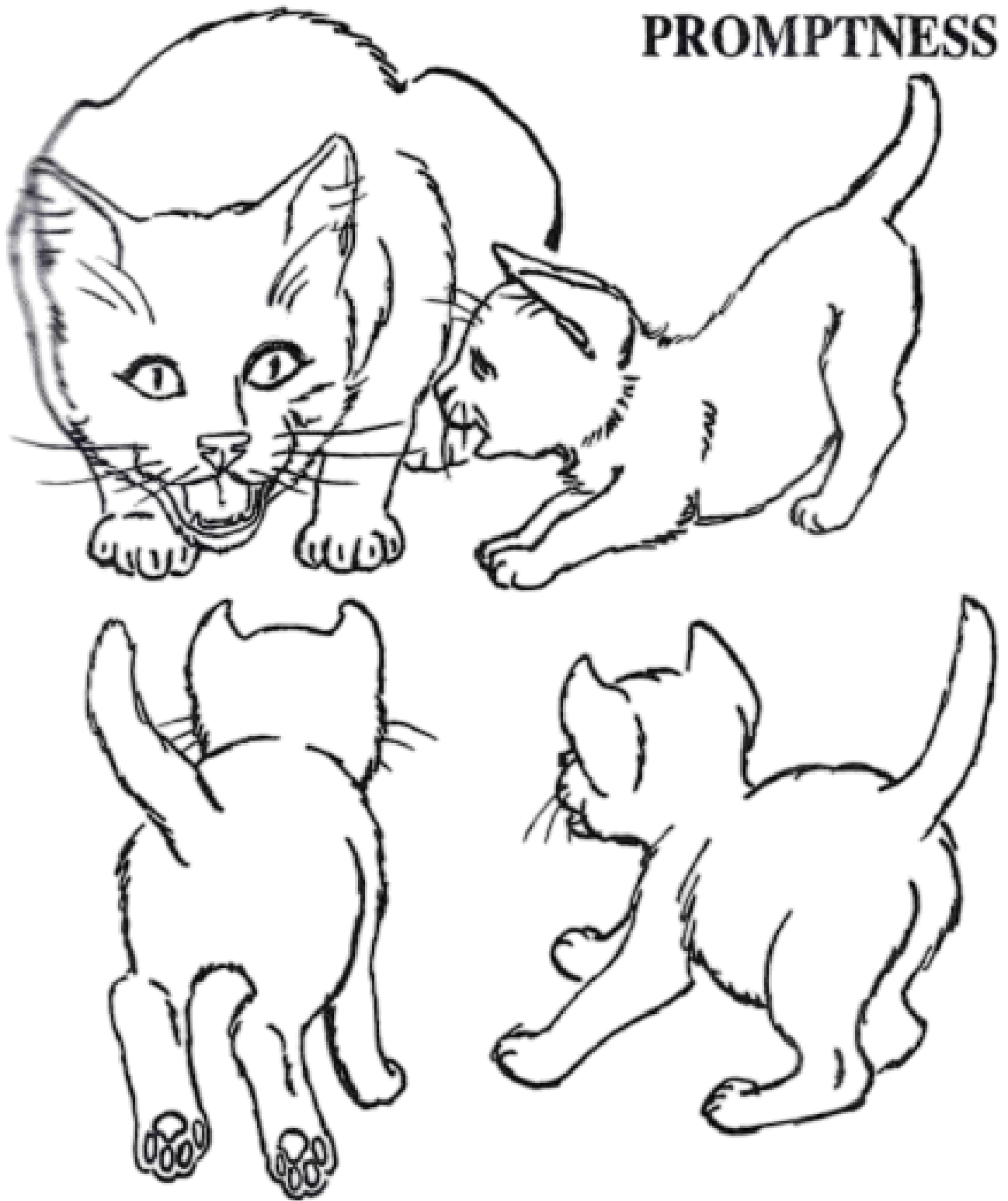


Mommy and Daddy Robin
still feed their babies.



I wonder if mommies and daddies
ever get tired!
They never seem to rest.
Hurry, hurry, hurry.

PROMPTNESS



Mother Cat calls, *Meow*,
to her three tiny babies.
The little kittens hear their mother call.
They run to her.



Mother Hen calls, *Cluck, cluck*,
to her babies.

The tiny chicks hear their mother call.
They run to her.



My mother calls, “Come here, son.”.



I listen to my mother.
I run to her.



Kittens love their mothers.



Chicks love their mothers.



I love my mother, too.

When we hear Mother call we come!

ACKNOWLEDGEMENT

My name is **Linah Nyangati** and I have worked for children for more than **10 years**. I am internally grateful to God for giving me the opportunity to come up with a children's colouring book with a difference.

Your child will not only learn how to colour but also virtues and good morals they need as they grow up.

I also want to thank my mentor for encouraging me to come up with this project when I looked around I could not see a colouring book that teaches children good virtues.

This book can be used by children of **GRADE ONE** up to **GRADE FIVE**.