

Back cover



Kindness is a Kangaroo  
That has a special job to do  
She comes around to help remind us  
That everyone needs a little kindness.

Front cover



## Dedication page

### Kindness Kangaroo

Written by Sandra Wilson and Brenda Geddes



Thanks to the Kindergarten class from Centennial Public School for their wonderful ideas and illustrations!

Thanks also to Eden Jones, age 6, for drawing the cover!

fold



Kindness is a Kangaroo  
That has a special job to do  
She comes around to help remind us  
That everyone needs a little kindness.

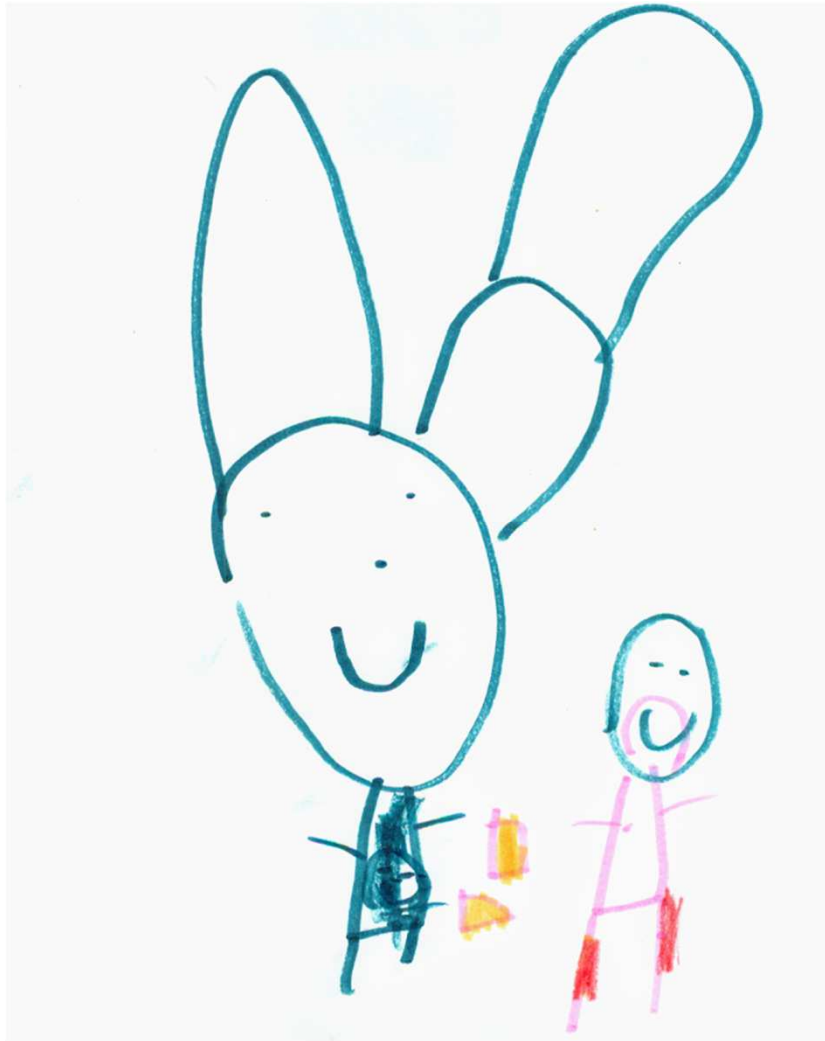
When someone is sad, or feeling alone  
Kindness says just pick up the phone,  
give a smile or wave hello  
It doesn't need to be much you know

A high five to show that you are proud  
Or holding hands when you are in a crowd  
These things are what kindness can be  
Easy things to do as you can see



Giving kindness is easy to start  
Like offering a paper heart  
Or saying hi to someone new  
And showing them what they need to do

Helping someone who is small  
By reaching something because your tall  
It doesn't seem like much to do  
But that is kindness that is coming from you



Kindness Kangaroo has things in her pouch  
like something to help you if you have an ouch  
that's right a bandage is what she uses  
to help someone who has cuts and bruises

Kindness is a way to show that you care  
It is a gentle touch or a stroke of the hair  
When someone is hurt kindness is needed  
To keep them calm while they are being  
treated



On a sunny day Kindness was there  
To help the kids go outside with care  
Sunscreen is what you need today  
Before you go on out to play

And when the rain comes down and  
catches you unaware  
Kindness will be the one to share  
An umbrella over your head she will  
hold  
To help you from getting wet and  
cold.





One day when Kindness was walking to school she passed some kids who thought they were cool.

A little boy was being pushed around so Kindness helped him stand his ground. Kindness said you wouldn't like it if that was you.

Picking on someone is not good to do  
Find something you can together play  
and if not then you should just walk away.  
And for that little boy that had been pushed around  
in Kindness' pouch the Kangaroo found...  
Well, the item wasn't in the pouch in the end  
because what Kindness offered was to be his friend



When Kindness saw a person who couldn't walk  
She sat with her so they could talk  
She learned that she liked to read  
and in her pouch was what she would need  
a book of course was the perfect choice  
and the girl read out loud in her sweet voice  
Because even though she was in a chair  
A book could take her anywhere





Kindness met someone who was really shy  
And afraid of all the people that went by  
She sat beside her on a stool  
And from her pouch she pulled a tool  
This tool was special because it was weighted  
She gave it to her and then she waited  
The toy helped calm the little girl  
And helped her face the scary world  
Kindness sat quietly without a squawk  
Until the girl was ready to talk  
She was there to give a listening ear  
And let her know a friend was near

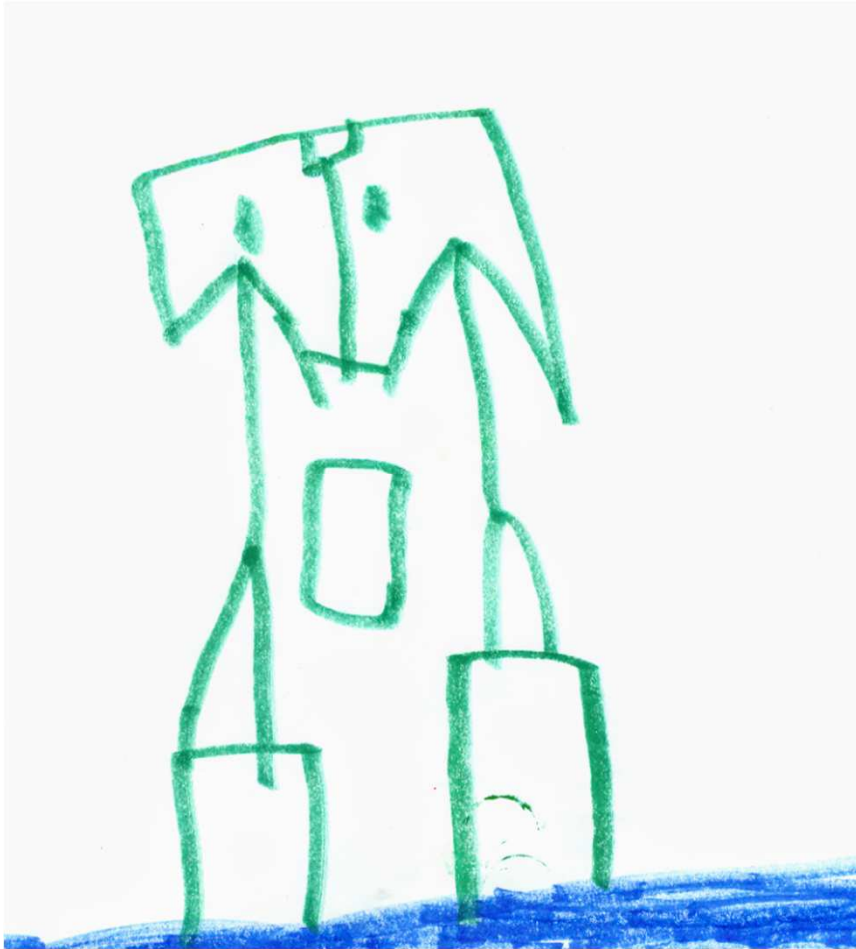


Kindness always has manners to give  
For using good manners is the best way to live  
A please and thank you when offered a treat  
Or an I'm sorry when you bump someone on  
the street  
Say excuse me if you want to interrupt  
And use 'be quiet' rather than 'shut up'

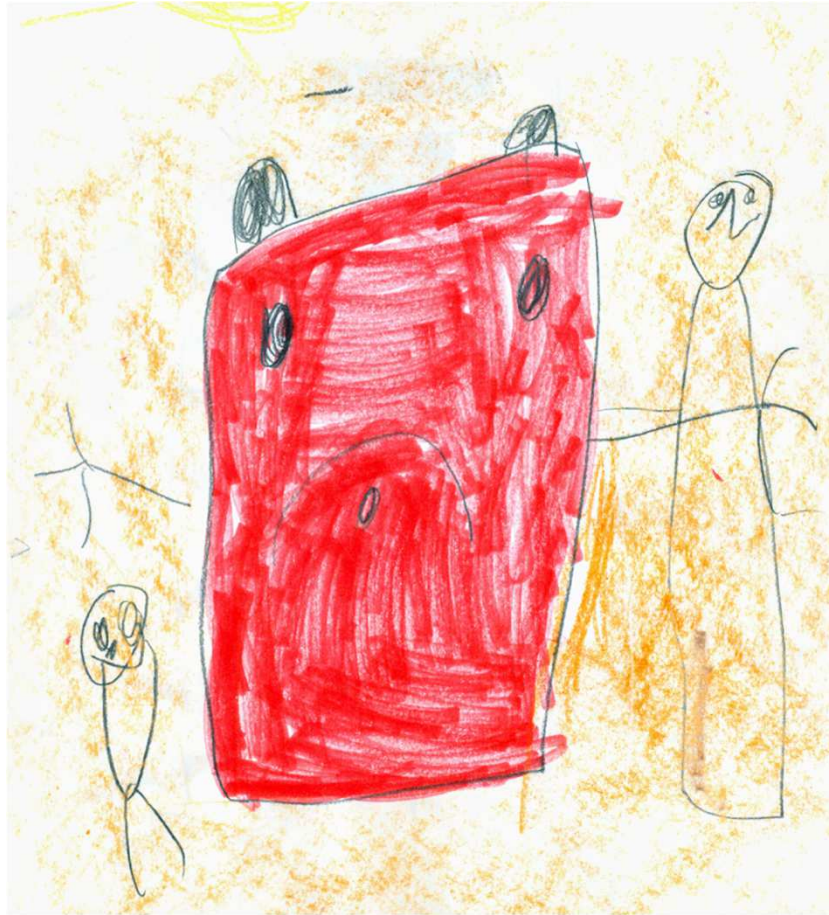
Kindness means being nice, not mean  
And letting others play on your team  
It is about using words that are kind  
Which gets better results you will find.



Kindness can also help your mom  
when she has too many things to get done  
a helping hand will help her along  
and then her list won't seem so long  
Some of the chores, you can do  
And then you can show kindness too.  
It doesn't take much to hold a door  
But to the person you are helping, it means so  
much more



So keep Kindness in mind  
every day  
And live your life the  
kindness way.



## The Kindness Project

The Kindness Project began when Sandra witnessed a small act of kindness make a big difference to someone. At first it was just the book Kindness Kangaroo but then, with Brenda's help, ideas emerged for Empathy Elephant, Hopeful Hippo and Bravo Bear. Before we knew it a whole alphabet of emotional animals arose.

We thought it was important to get ideas from children as to what they felt the emotion meant and when Sandra was asked into a classroom to discuss kindness a new idea was created.

Our plan is to have a class sponsor each book. This means that Sandra, as one of the authors, will visit the classroom and discuss the emotion with the children to gather ideas for the book. Then, the story is developed to include some of their ideas. The completed story is sent to the class so the children can each offer a drawing to help illustrate the book.

Keep an eye on the Kindness Project at [www.quiteacharacter.ca](http://www.quiteacharacter.ca) for the latest updates and books.





## About the authors

Sandra Wilson is a writer, educator and photographer looking to bring positivity, inspiration and fun into this world. She has a Bachelor of Arts in English and History and over 35 years of working with children. Sandra's stories are relatable, and they help children understand their struggles a little bit more. She loves to include the children in her stories and therefore most of her books involve a young illustrator. Please visit Sandra at [www.quiteacharacter.ca](http://www.quiteacharacter.ca)

Brenda Geddes



What does Kindness mean to you?



Kindness means helping someone who is sad.