

Younger Grades Guidance Choice Board (K-2)

Choose one or two of the following activities!



1. Make a card for a friend to tell them you care about them.

2. Take a walk in nature and think about things you are thankful for.

3. Go on a gratefulness scavenger hunt. Look for things around the house or outside that make you feel thankful.

4. Write a thank you note to your teacher, or another important adult in your life.

5. Write a letter or draw a picture for a helper in our community. (Police, Firefighters, Crossing Guards, etc)

6. Read a book, or find a video on YouTube about Kindness.

7. Draw a picture for your teacher or another important adult in your life.

8. Call your grandparents or other elderly adults and see how they are doing.

9. Listen to music that makes you feel good.



1. Think about what that person likes, and what their favorite colors are. This will let them know you care about them!
2. Being in nature can remind us of the great things in our lives, plus fresh air is great for our brains!
3. If you have a sibling, see who can find the most items that help us remember the good things in life!
 4. Remember the people who help us will help us think about the positives in life!
 5. It is important to recognize when someone does something important for us!
 6. This helps us calm down, and also remember different ways to be kind!
 7. If you don't like to write, use this option to draw a picture!
8. If you live with your grandparents, let them know 5 things you love about them!
 9. Try to listen to music that is uplifting and positive!