



Discovering Differences:

A Kindness Activity Book

for National Vitiligo Bond Inc.,
Foundation (Vitiligo Bond)

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People Are Wonderfully Different

Everyone is unique. We all have our own gifts and ideas.
We are all worthy of kindness.



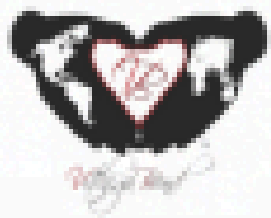
Draw something
that makes you special.



Draw a way you
can show kindness.



Draw friends learning
and playing together.



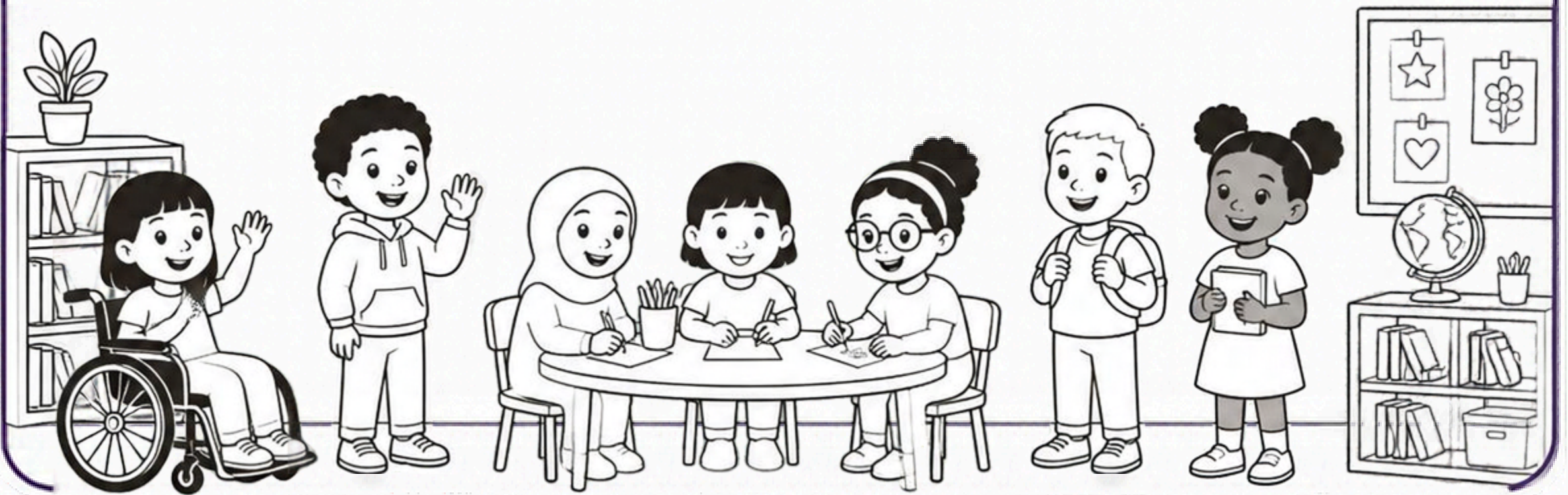
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Draw a Welcoming Classroom

Draw a classroom where everyone feels welcome.



A kind greeting



A place for everyone



Friends helping friends

In my welcoming classroom, I can _____.

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Kind Words Match-Up



Draw a line to match each kind word with what it shows.

Kind Words

Would you like to play?



You can go first.



I like your idea.



Thank you for helping.



What They Show

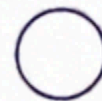
Sharing



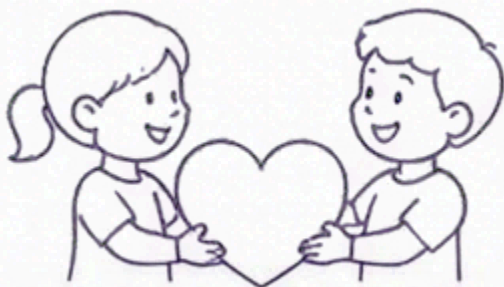
Taking turns



Encouraging

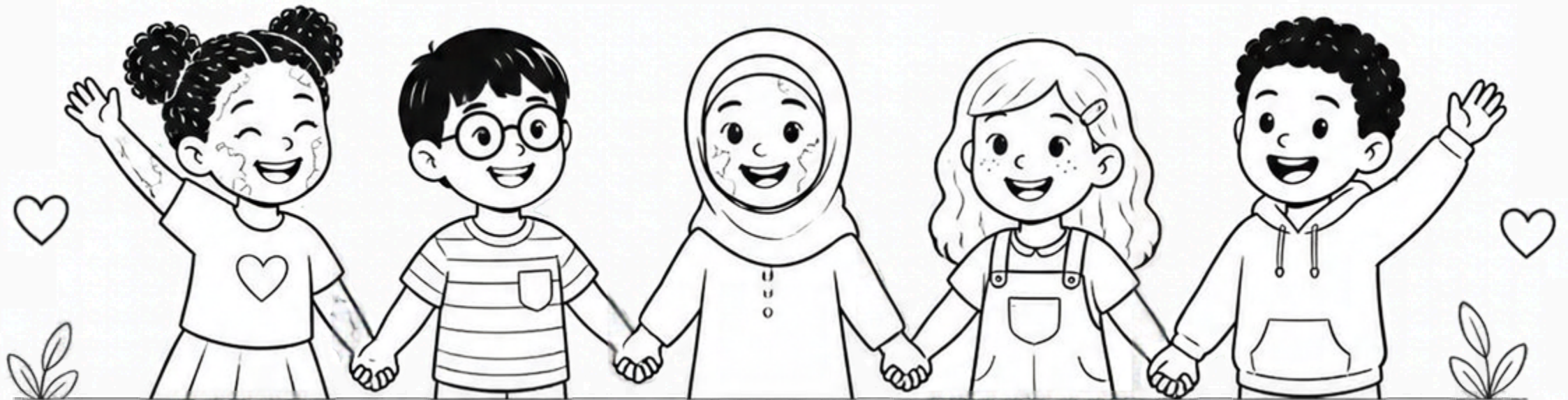


Appreciating





My Kindness Promise



I can show kindness by...

- ☐ I will use kind words.
- ☐ I will include others.
- ☐ I will ask for help when someone feels left out.

♥ My kindness promise: _____

Name: _____ Date: _____

