

Junior Farmer Explorers
Kindness Challenge

Kind Hearts Make a Happier, Brighter World!

TRIPLE G FARMS
MayBelle, Amos & Gertrude Adventures

Kindness Starts at the Farm!

We can show kindness every day by taking good care of animals, helping with chores, and being gentle and patient. Kindness makes a big difference!



Give fresh food and clean water.



Be gentle and patient.



Help with farm chores.



Show love and care.

Who Needs What?

Look at the animals on the left. Draw a line to the item they need.



Horse



Goat



Chicken



Cow



Dog



Hay



Dog food



Grain



Fruits and vegetables



Fresh water

Show Kindness to Everyone!

We can be kind to animals, people, and God's creation.



Be kind and gentle to animals.



Help others and work together.



Care for God's creation – plants, insects, and the land.



Be a friend and make someone's day brighter!

Kindness Checklist

Check the boxes as you practice kindness this week!

- ☐ I was kind to an animal.
- ☐ I helped with a chore.
- ☐ I shared with someone.
- ☐ I was patient.
- ☐ I helped care for plants or the outdoors.
- ☐ I said something kind or encouraging.
- ☐ I did my best to make a difference!

KIND PEOPLE MAKE A BRIGHTER WORLD!

Find the Hidden Hearts!

Look closely at the farm scene below. How many hidden hearts can you find? Write the number in the box.



How many hearts did you find? ☐

Junior Farmer Explorers

Gertrude's 7-Day Kindness Challenge!

Small Acts of Kindness Make a Big Difference!

TRIPLE G FARMS
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Day 1
Be Kind to Animals

- [ ] Help take care of an animal. Give fresh water, feed them, brush them, or spend quiet time with them.



Kind animals have happy hearts!

Day 2
Be Kind to Others

- [ ] Do something nice for a family member or a friend. Help with a chore or give them a big smile!



A kind heart brightens someone's day!

Day 3
Be Kind to God's Creation

- [ ] Care for the outdoors. Pick up litter, plant a flower, or help keep our world clean and beautiful.



A clean world helps everyone!

My Kindness Goals

Here are some other kind things I can do this week:

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Day 4
Be Kind with Words

- [ ] Say something encouraging or helpful to someone. Use kind words and a happy tone.



Kind words can make a big difference!

Day 5
Be a Good Helper

- [ ] Look for a way to help at home, at school, or on the farm without being asked.



Helping hands spread kindness!

Day 6
Be Kind and Include Others

- [ ] Invite someone to play, share your toys, or make someone feel welcome.



Everyone belongs at Triple G Farms!

My Kindness Moment

Draw a picture of one kind thing you did this week!

Day 7
Keep Being Kind!

- [ ] Choose a way to show kindness today. It can be something new or something you did earlier in the week!



Kindness is a habit that makes the world brighter!

I Did It!

I completed Gertrude's 7-Day Kindness Challenge!

Name: _____

Date: _____

Remember...

- Be kind to animals.
- Be kind to people.
- Be kind to God's creation.
- Kind hearts make a happier, brighter world!


Junior Farmer Explorers
My Kindness Promise!
Kind Hearts Make a Happier, Brighter World!
MayBelle
Amos
Gertrude
G
TRIPLE G FARMS
MayBelle, Amos & Gertrude Adventures
My Kindness Promise
I promise to...
Be kind to animals.
Be kind to people.
Care for God's creation.
Help others when I can.
Use kind words.
Be a good friend.
Do my best to make the world a brighter place!
KIND PEOPLE MAKE A BRIGHTER WORLD!
A Special Act of Kindness
Draw a picture of something kind, you did, or would like to do, for an animal, a person, or God's creation.
Write a sentence about your kind act:
Triple G Farms
Kindness Champion
This certificate is awarded to:
for showing kindness to animals, people, and God's creation and for helping to make the world a brighter place!
Date
You are a Junior Farmer Explorer!
Ways I Can Keep Showing Kindness!
Care for my pets.
Help at home.
Be a good friend.
Keep my community clean.
Plant flowers or a garden.
Say something kind.
Look for ways to help others.
Remember to be kind every day!