

# KINDNESS KINGDOM

SHARING  
FOREST

FRIENDSHIP  
MOUNTAINS

HELPING  
DOCK

CARING  
CASTLE

KINDNESS  
TREE

EVERY TIME YOU ARE KIND,  
COLOUR IN ONE BOX.



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# About this Resource

Kindness Kingdom is a printable kindness tracker for young children. It is designed to help children notice, practise, and value kindness in everyday life at home or in school.

Children follow the path and colour in one box each time they show kindness. There are no set kindness tasks. Children decide for themselves what kindness looks like. This supports choice, reflection, and intrinsic motivation rather than reward-based behaviour systems.

The resource is suitable for early years, EYFS, nursery, and primary settings, as well as family use. The simple layout and friendly illustrations make it accessible for children with different communication and learning needs.

This kindness tracker supports:

- Social and emotional learning
- Positive behaviour and relationships
- Empathy and emotional literacy
- Wellbeing and inclusion

The resource is provided as an A4 printable, works in colour and black and white, and can be used as a poster, worksheet, or ongoing classroom display. Kindness Kingdom encourages children to see kindness as a daily action, not a one-off event.

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