



[Share Some Kindness, Bring Some Light](#)  
by Apryl Stott

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**Literacy Activity**  
**Exploring Opposites**

In this story, Bear is *big* and the other animals are *little*. In this activity, cut out the word/picture cards, laminate or contact paper them and then match each one to its opposite.

[Click the image to open the PDF.](#)



**Dramatic Play or Music Activity**  
**Love and Kindness Become a Habit**

In *Share Some Kindness, Bring Some Light*, Coco discovers that kindness is about demonstrating love, not giving gifts! In this activity, family members actively decide how to demonstrate love for one another. Cut, laminate and put the heart-shaped “kindness” tokens in a clear plastic container, like a recyclable peanut butter jar, on the dining room table. Each family member visits the jar, pulls out a token, decides how to be kind to another and writes it with a dry erase marker. Little ones will need help but maybe it will become a habit.



[Click here to open the PDF.](#)

**Math Activity**  
**Count Bear's Friends**

Whom does Bear meet in *Share Some Kindness, Bring Some Light*? Cut out the story character cards, laminate or contact paper them and then sequence them. Have children retell the story in their own words. Finally, have your child pick the ordinal numbers for each card (1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>) so they remember whom Bear met first, second, third! How many friends does Bear have at the end of the story?

[Click on the image to access the character cards.](#)



**Science Activity**  
**Who Hi/ber/nates?**

Some forest animals go into a state of slowed activity during the winter months; the scientific word for this state is



hibernation. During this period, animals conserve energy by slowing their heart rates, breathing and metabolisms. They do this to survive adverse weather conditions and a scarce food supply. This story features several forest animals. Which ones hibernate during the winter? [Click the picture to see how each animal spends the long, cold winter.](#)