

THE KINDNESS JAR



BY [CHILDBOOK.AI](https://childbook.ai)

Mia found an empty jar on the kitchen shelf. "Let's fill it with kindness beads!" she said. Mom smiled and got a bag of colorful beads. "Every time someone is kind, we add one," Mia explained. Dad grinned and hugged her. "I like this idea." They placed the jar on the table, ready and waiting. Mia could not wait to see it fill up. Turn the page and add your first sticker for a kind thing you did today!



The next morning, Mia shared her cookie with her brother. Plop! In went a blue bead. Dad helped a neighbor carry groceries, and another bead clinked into the jar. "This is fun," said Mom, adding a red bead for helping Mia tie her shoes. Each bead sparkled like a tiny rainbow. By dinner, the jar had five colorful beads inside. Mia beamed with pride. Did you do something kind today? Add your sticker now and watch your own jar grow!



One day, Mia felt grumpy and didn't want to share her crayons. "That's okay," said Mom gently. "Kindness can be hard sometimes." Mia thought about it, then handed her brother a green crayon anyway. Plink! A bead dropped in. "See? You did it," Dad said, smiling. Mia realized kindness felt good, even when it was tricky. She hugged her family tight. Was there a moment today when kindness felt hard? Add a sticker anyway—you tried, and that counts!



By the end of the week, the jar was almost full of beads. Mia counted them with Mom and Dad, giggling at how many they had. "We did so many kind things together," said Dad. They decided to keep adding beads every week, forever. Mia hugged the jar close, feeling proud and happy. Kindness had become a happy habit in their home. Now it's your turn! Keep adding stickers each day, and watch your kindness jar overflow with joy!



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