

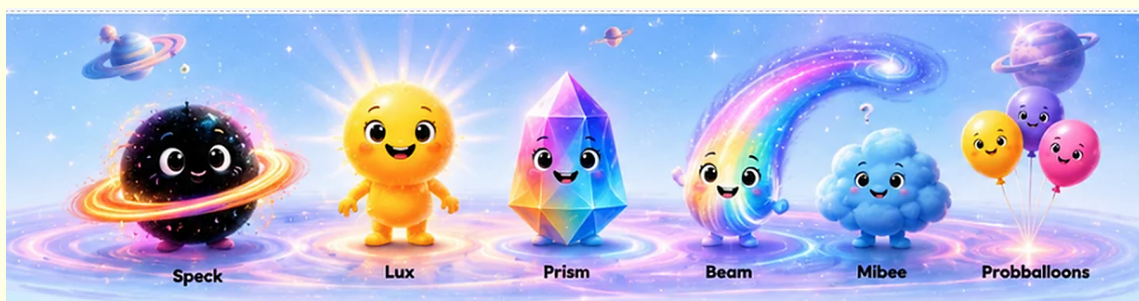


FREE DOWNLOAD

Cosmic Kindness Activity Kit

**Big science. Big hearts.
Family fun.**

Four simple activities inspired by Black Hole of Good to help children explore gravity, kindness, curiosity, and the idea that small actions can create meaningful change.



REAL SCIENCE

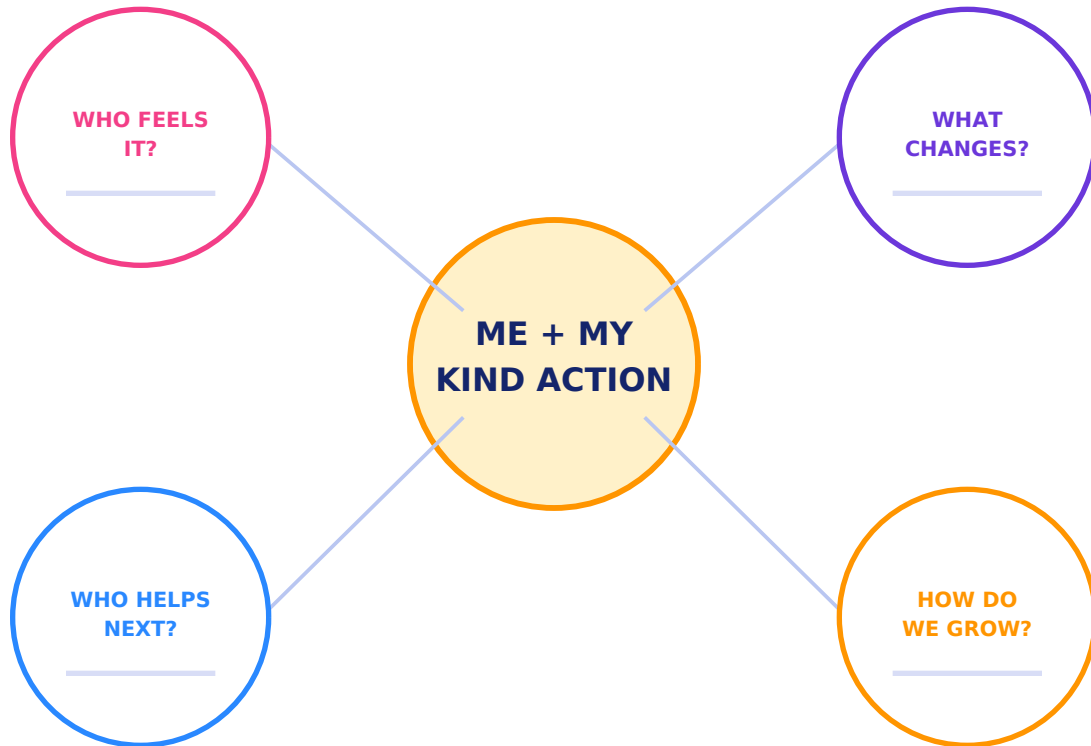
BIG EMPATHY

AGES 5-10

ACTIVITY 1

My Good Energy Galaxy

See how one kind action can ripple outward.



How to build your galaxy

1 Choose one kind action.

Helping, listening, sharing, inviting someone in, or another action you care about.

2 Follow the pull.

Talk or draw about who might feel that kindness and what could change next.

3 Keep the chain going.

Imagine one more person passing the good energy forward.

4 Give your galaxy a name.

Example: The Listening Galaxy, The Sharing Galaxy, or The Welcome Galaxy.

ACTIVITY 2

The Science Behind Speck

Real space science inspired the story.

SCIENCE TELLS US

- Black holes have extremely strong gravity.
- Around some black holes, hot material can form a glowing accretion disk.
- Some black holes are associated with powerful jets of particles and energy.
- Scientists study black holes using telescopes and many kinds of light.

THE STORY IMAGINES

- A tiny Speck with feelings and choices.
- Goodness behaving like a kind of gravity.
- Kind actions becoming bright energy.
- Speck sending good energy back into the universe.

Try It: Gravity in Action

You do not need a black hole to notice gravity. Try this quick family observation.

1 Choose two safe objects

For example, a crayon and a small toy.

2 Hold them at the same height

Keep the drop close to the floor and away from feet or fragile items.

3 Let go at the same time

Watch how Earth pulls both objects downward.

4 Talk about it

Gravity is a real force. Speck's kindness-gravity is the imaginative part of the story.

SCIENCE + IMAGINATION CAN LIVE TOGETHER.

Ask: Which parts are real science, and which parts help us think about kindness?

Talk, Draw, and Send Good Energy

Finish with conversation, creativity, and one family kindness mission.

CONVERSATION STARTERS

1. What makes Speck powerful even when Speck is tiny?
2. Can someone be strong without being loud? What might that look like?
3. When has a small kind action changed your day?
4. If kindness had gravity, what would you want it to pull closer?
5. What kind of good energy does our family want to send into the world?

FAMILY KINDNESS MISSION

Choose one action for 7 days.

Pick one small action your family can repeat for one week. Examples: give a sincere compliment, help without being asked, invite someone in, listen without interrupting, or leave a kind note.

Our mission:

At the end of the week, ask: Where did our good energy travel?

DRAW YOUR GOOD ENERGY

What would kindness look like?

Draw your own cosmic scene. Give kindness a shape, a color, a trail, a glow, or even a whole new character.

DRAW HERE

My kindness matters. My choices have power.
My good energy has gravity.