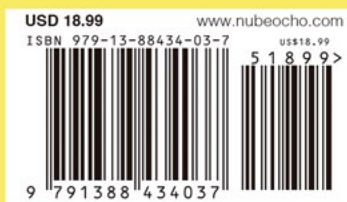


Being kind is **helping**. It's **caring**,  
It's **saying nice words** to one another.

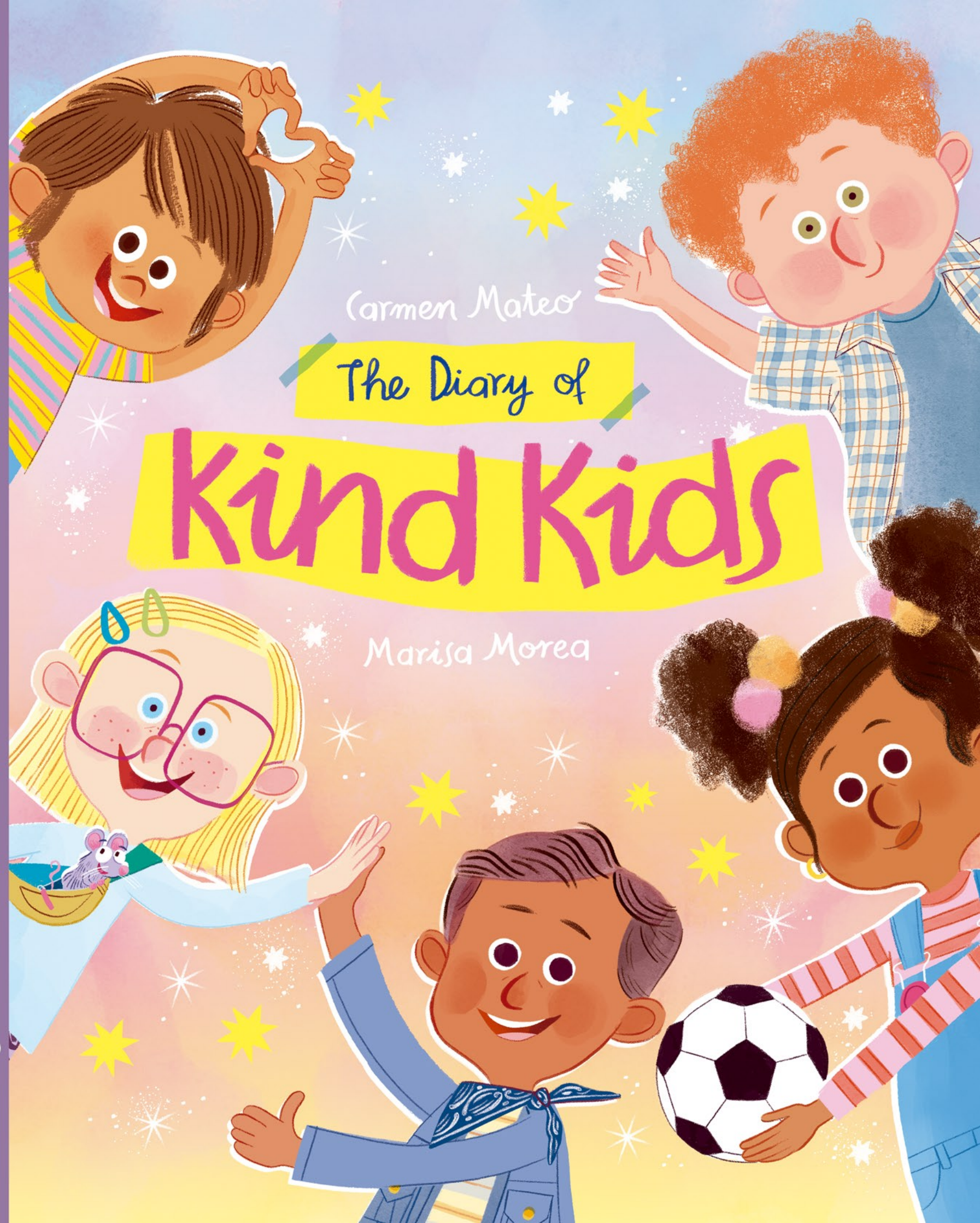
Sometimes a little gesture is enough:  
a smile, a **please**, a **good morning**  
and a hug. Everyday, we have  
many opportunities to be kind.

Do you want to join **Gonzalo, Laura,**  
**Emma, Karim and Gabe?** This is their diary,  
the diary of kind kids.



THE DIARY OF KIND KIDS

Carmen Mateo Marisa Morea





*To my parents, who taught me that the world can be changed,  
one small act of kindness at a time.*

Carmen Mateo

*To the girls and boys who will change the world by saying  
things like "Are you all right?" and "I'll help you."*

Marisa Morea



### **The Diary of Kind Kids**

Somos8 Series

© Text: Carmen Mateo, 2026

© Illustrations: Marisa Morea, 2026

© Edition: NubeOcho, 2026

© Translation: Cecilia Ross, 2026

www.nubeocho.com · hello@nubeocho.com

Original Title: *Diario de niñas y niños amables*

English Editing: Caroline Dookie, Rebecca Packard

First Edition: May, 2027

ISBN: 979-13-88434-03-7

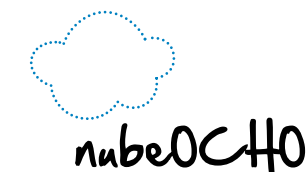
Legal Deposit: M-16727-2026

Printed in Portugal.

All rights reserved. Reproduction is strictly prohibited.

# The Diary of Kind Kids

Carmen Mateo    Marisa Morea



Hello! This book is a **daily journal** my friends and I put together. In it you'll learn about the things that happen to us during the week—all the little stories and anecdotes that help us understand what it means **to be kind**.

My name is **Gabe**. (I'm the one over there opening the curtains.) This is our city. Turn the page to meet Gonzalo, Laura, Emma and Karim.





GONZALO

My friends and I  
are all **very different**,  
but we all like to be kind.  
What about you?

Being kind means  
helping. Caring. Saying  
**nice things**.



LAURA



KARIM

Sometimes, a **small gesture** is all it takes:  
a *hello*, a smile, a hug...



EMMA

Every day there are  
**lots of chances**  
to be kind.

In this kindness journal,  
we'll tell you  
how we do it.  
Come along with us!



GABE

# GONZALO

## MONDAY MORNING

When I get up, even if I'm really tired,  
I always smile and say **good morning**.  
It's the perfect way to start the day!





I'm usually a little scatterbrained on Mondays,  
and sometimes I accidentally leave my **snack** at home...



... but even if I feel angry or frustrated about forgetting it,  
I still do my best to **arrive on time!** And I greet everyone with a smile!



LAURA

MONDAY AFTERNOON

After school, I walk **my puppy Kika**. I always pick up after her so that nobody steps on **her poops**. That happened to Emma once. So gross!

KARIM  
MONDAY AFTERNOON



When I'm finished playing, I **put all my things back** in their spots so that it's easier to find them again next time, but also...



... so that nobody **trips** over them. Grandpa sure took a spill!