



# Bee a Light

CARE  
HARD

Hi, you!  
What's the buzz?  
We got your back  
just becuz!




Written by Wendy Wardlow  
Bee Illustrations by Ollie Davis  
Weather GIFS by Headexplodie

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**INLIGHT**  
INSTITUTE

# \_\_\_\_\_ a Bee

This is your story. First, give your bee a name. Then, when you see this  emoji shout the name for all to hear! Now, on with “Bee a Light” starring your bee!



We all have stories deep inside  
of times we laughed and times we cried.

In this story you'll learn about  
letting your strong feelings out.

There's a quest to be loving and kind  
with caring acts from heart and mind.

This story was written just for you  
with hopes you'll share your stories, too.

In the time of COVID  
life was gray  
day after day,  
day after day.



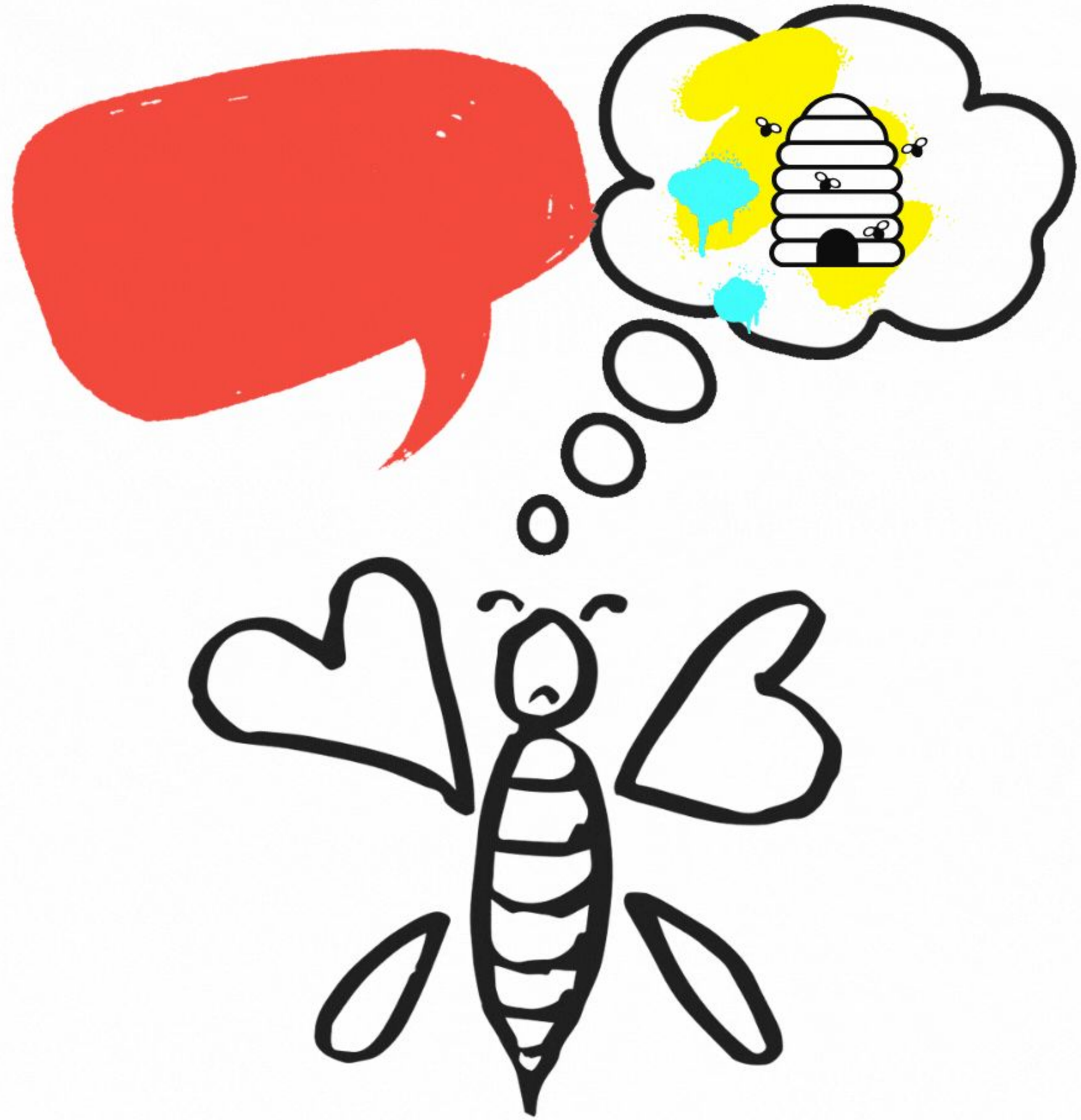


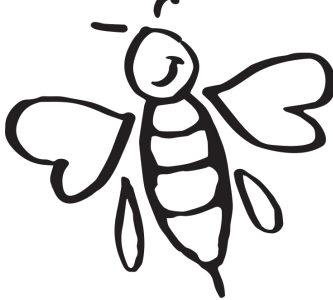
Sickness spread and worry grew.  
It was scary, what to do?  
Many questions swirled around  
as all lives flipped **apsdn** down.



Do you have a worry?


Four horizontal blue lines for writing, bounded by vertical red lines on the left and right.



 loved the park and  
loved the pool,  
but especially missed  
going to school.  
Now each day  
was spent at home  
watching ZOOM on a  
cracked phone.

What have you missed?

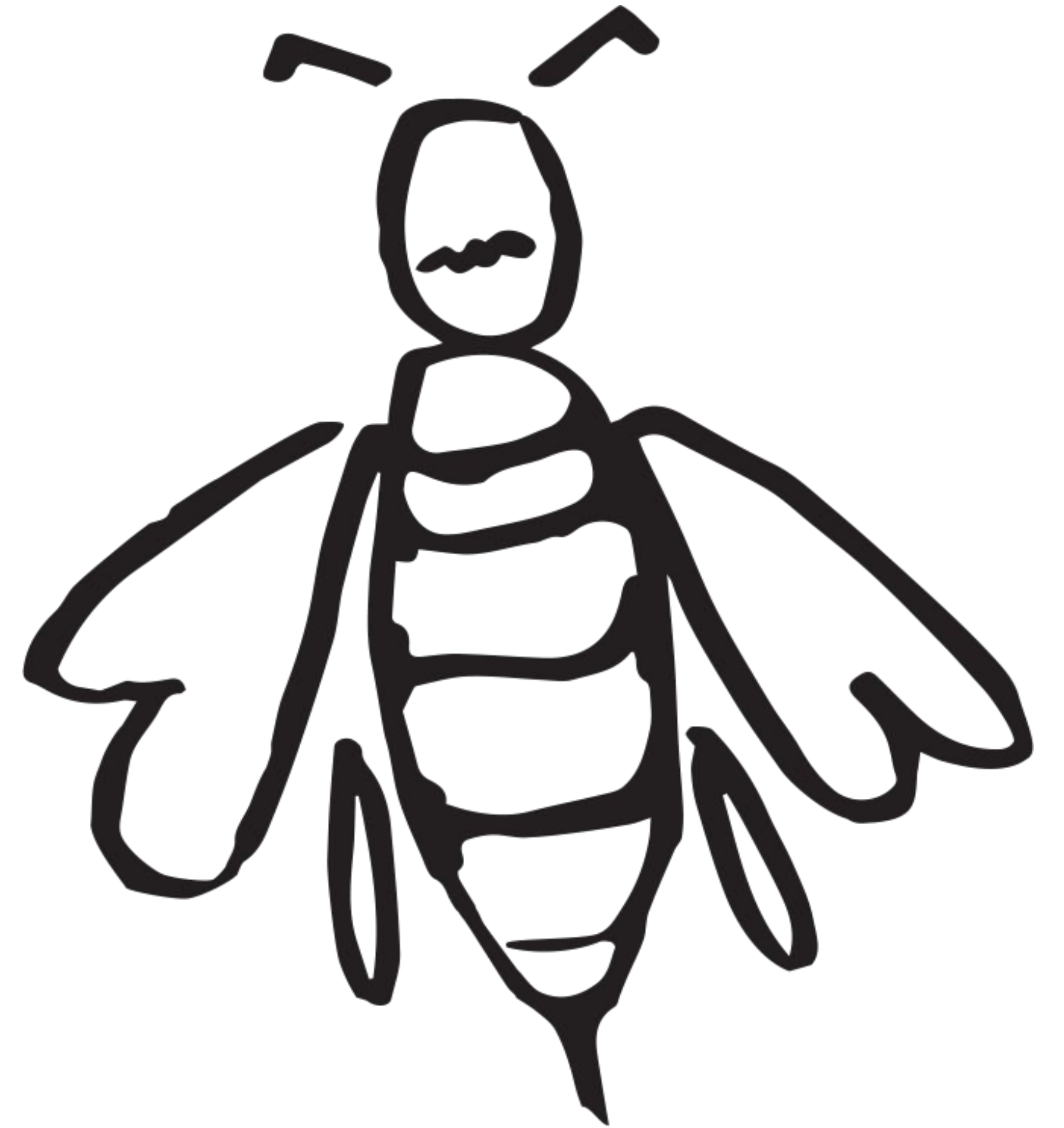


One day  heard “**NO**” once more  
and stomped right over to the front door.  
Then yelled for all the world to hear  
**MADDEST** thoughts filled with fear!





I am so **MAD** and  
**SAD**  
...and I feel  
**BAD, BAD, BAD!!**



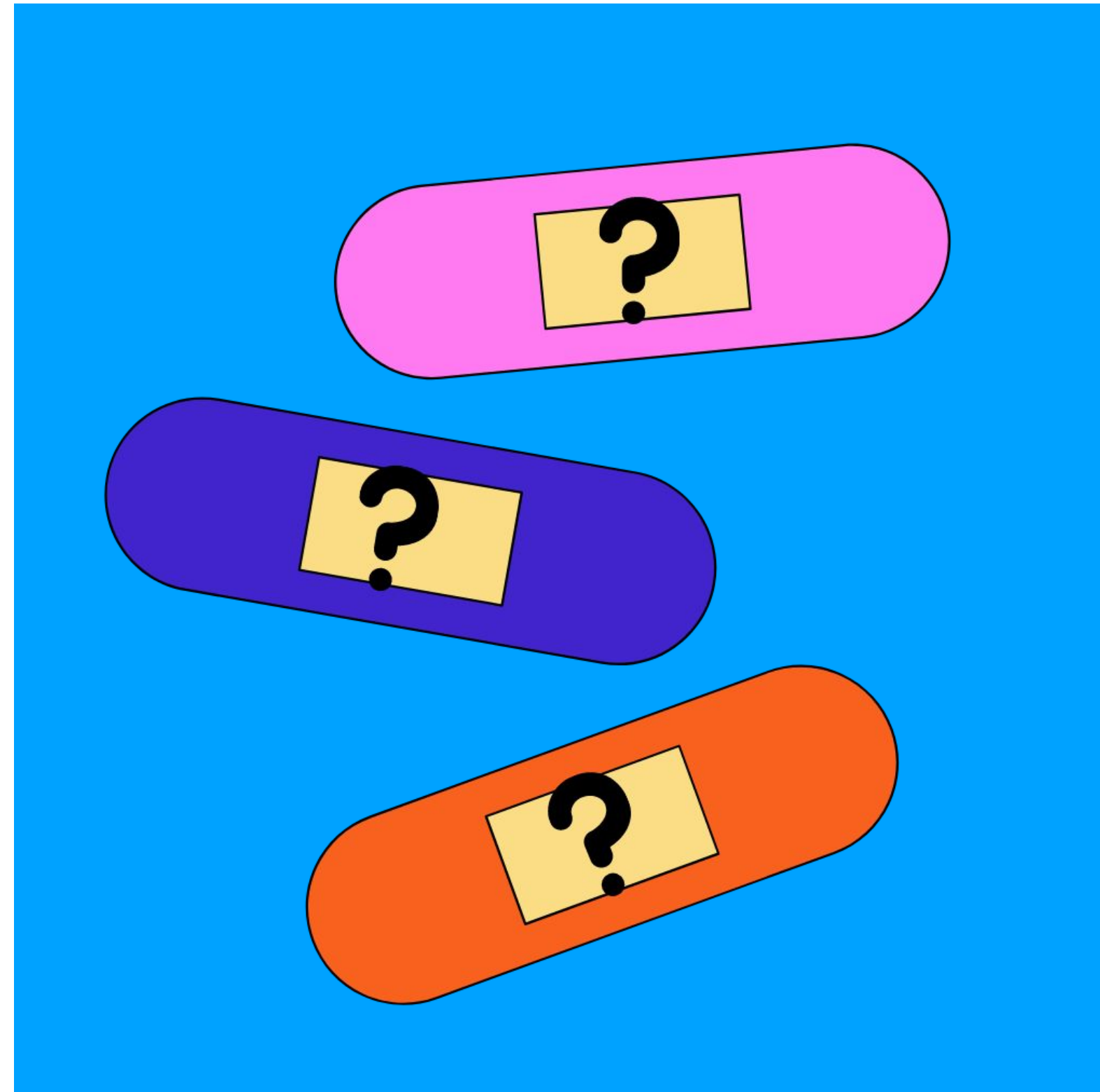
When were you last mad?

Four horizontal blue lines for writing, bounded by vertical red lines on the left and right.




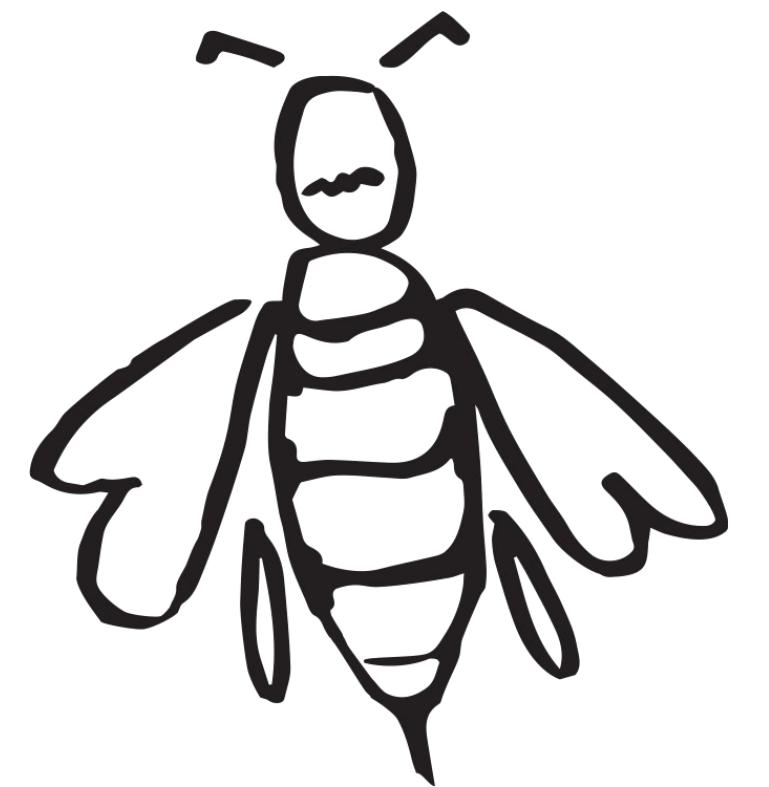
I miss being with my family and friends.  
How can this change when it never ends?  
I'm tired of gray, I want **yellow** and **blue**.  
I need lots of friends, not just a few.



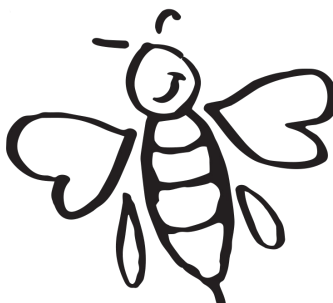
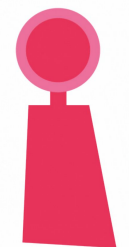


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 needed some help to think things through. What were the answers about what to do?





Then  thought of a lesson learned in school. When you need a helping tool, seek wise people who always knew just where to  look and what to do.



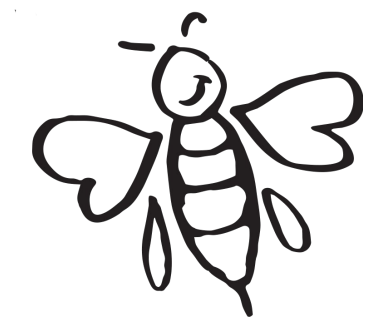
Who do you ask when you need help?

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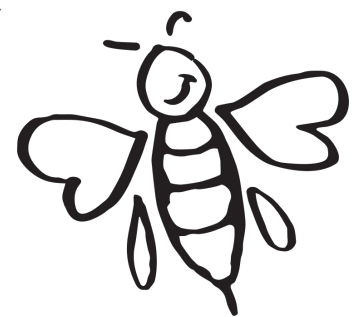
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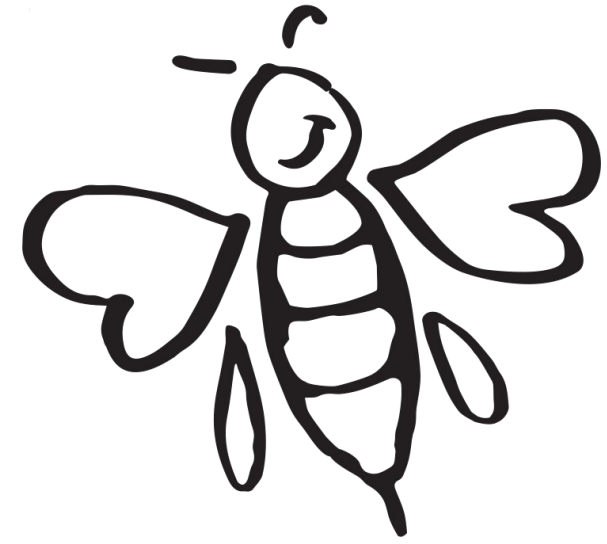
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ran to the kitchen  
to talk with dad  
who was gazing at bills  
and his face looked sad.

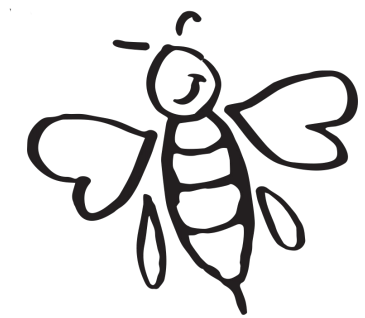
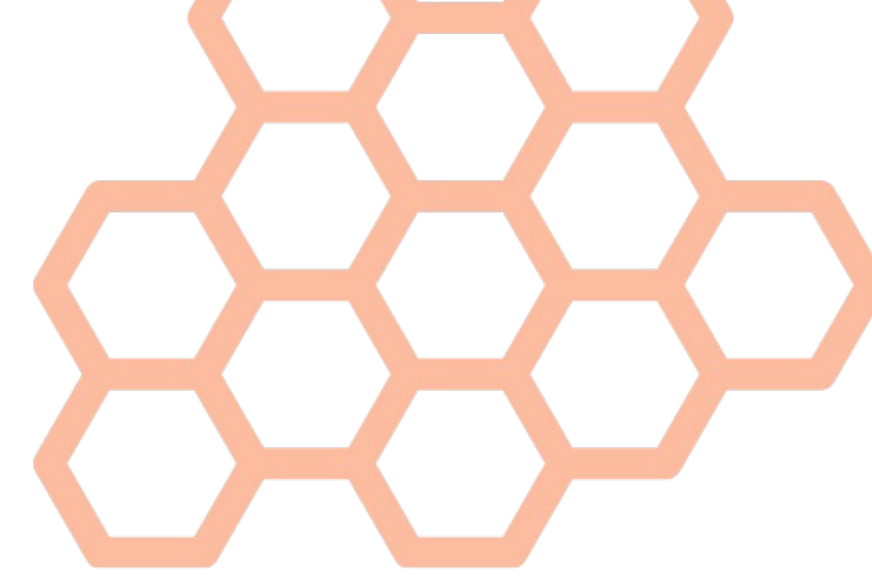
From the next room  
mom's words were upset  
filling the air with such gloom  
's heart sadly wept.





That's when  began  
a brave and **bold** quest  
to change their whole world  
and make it the best!






's teacher had always been so wise and the light of care shone in their  
They listened to with an open heart  
and the answer they gave was  
thoughtful and smart.






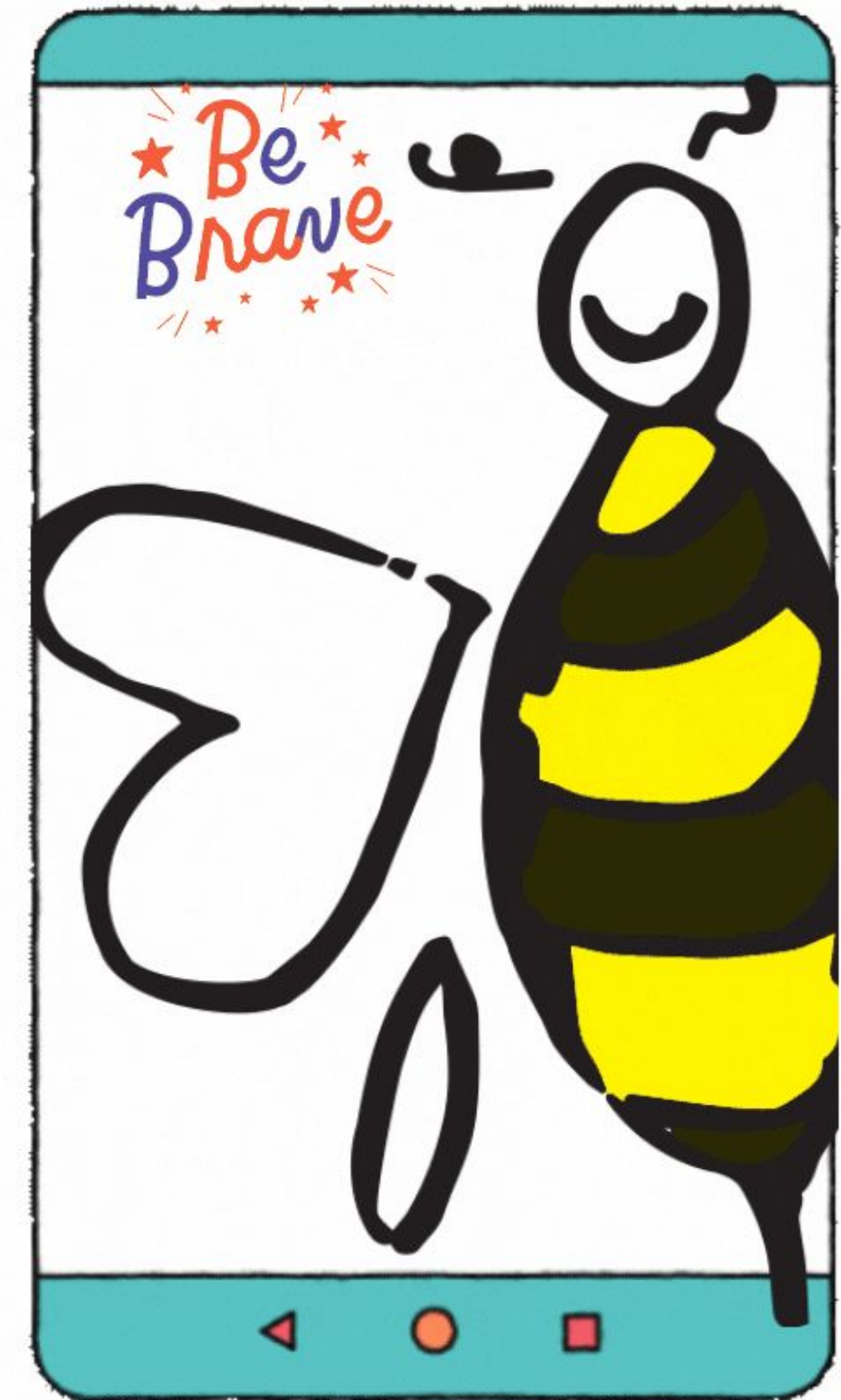
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"Your feelings are so  
very strong  
let them out in your  
own  song.  
Jump and shout,  
scream and yell,  
let your feelings ring  
like a bell!"



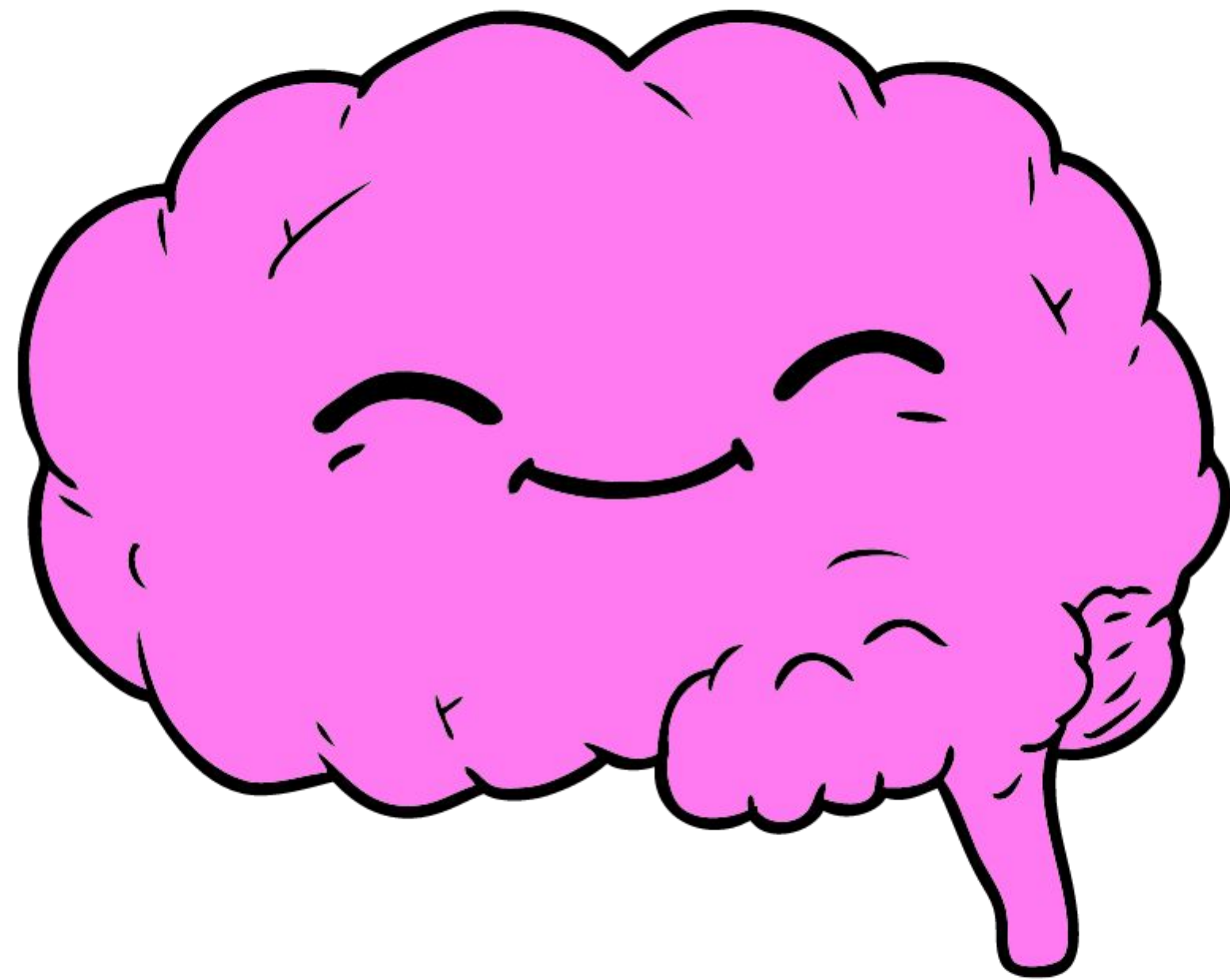
 watched the kind teacher on the screen, and all the strong feelings flew out with a scream!


“I am so **MAD** and **SAD** and I feel **BAD, BAD, BAD!!**”




To 's surprise those strong words  
took flight in the air like soaring birds.  
By letting mad words out,  
free and snappy,  
the day seemed better,  
even happy!


What are ways you can let your strong feelings out?



Next  met wise person number two, a neighbor whose words gave another clue. “You have the power in your mind, believe in yourself, you are wise and kind.”

With a wise, kind  
mind  thought of  
a **CARE**  
**HARD** plan and said out  
loud, “I’ll do what I  
can.”




 made posters, notes, and colorful rocks and placed them up and down the blocks. The friendly lights from those good deeds spread through the streets like happy seeds.


What are some ideas you have to be kind and make people smile?



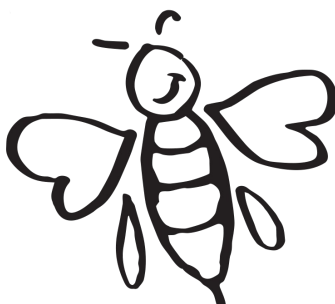

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Then wise person  
three came through  
the door.

 's mom gave a hug,  
and then one more.

She said that  's brilliant love light had touched her heart and made it bright. She explained that when you give love out, it comes back to you, have no doubt.

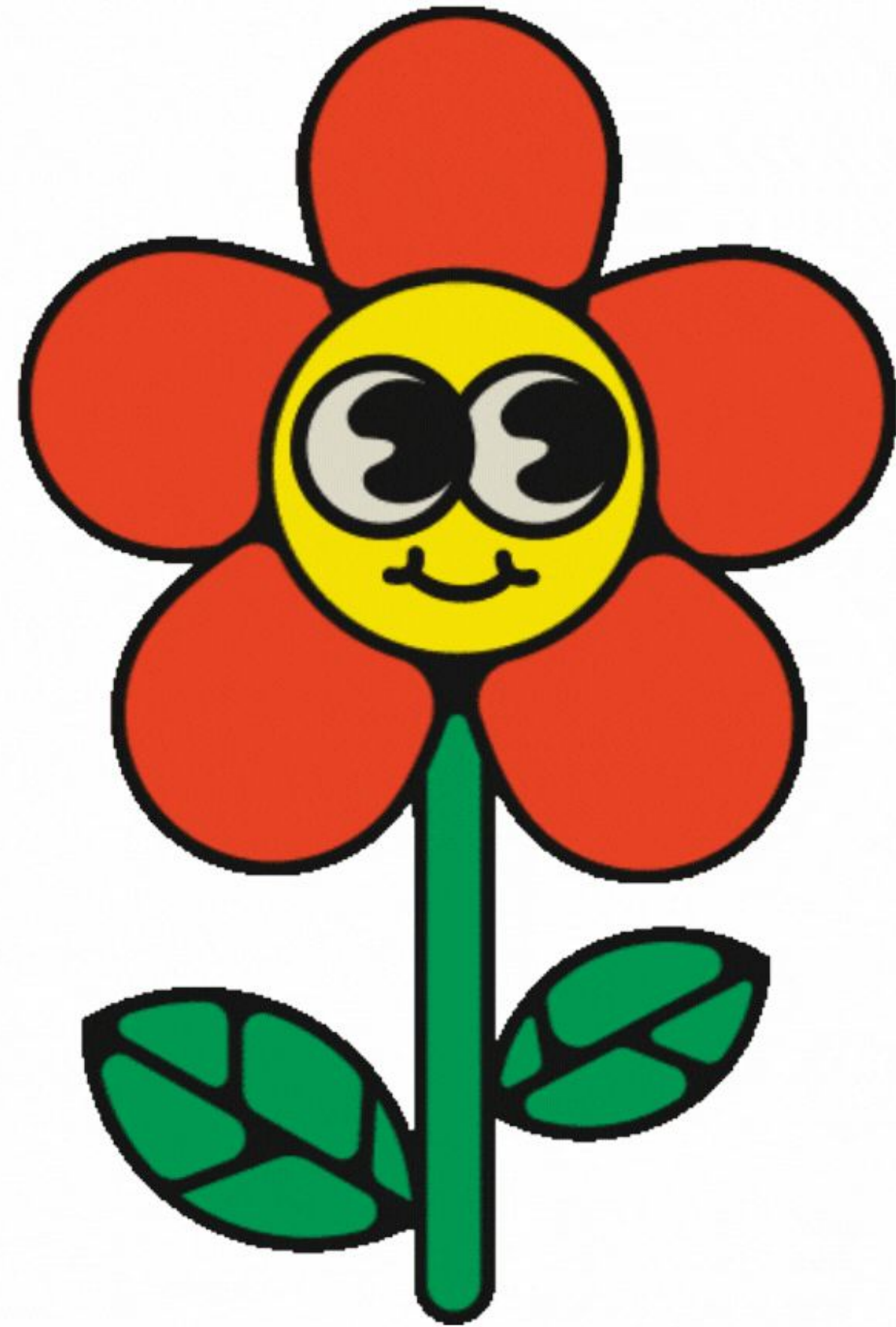



Then  thought of a special skill,  
and it brought comfort to release this will.

“I’ll pollinate to shine my light,  
a heartfelt gift that seems just right.”



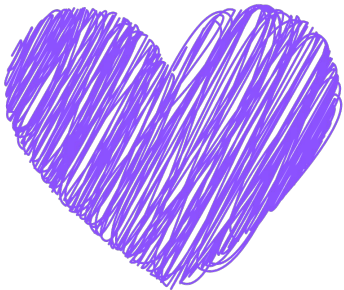
How can you use your special talents to share your light with others?







An orange flower here,  
a pink flower there,  
 spread pollen  
everywhere.

These special gifts  
brought more love light  
with sounds of laughter  
and delight!

 buzzed back home, glowing inside.  
And this made dad smile with pride.  
“” he said, “You are strong and kind,  
with love and courage in your   
and mind.”

What are ways you can show love and appreciation for others?


 thought before  
the day was through  
to study the lessons  
as a review.

**Lesson One** is all about  
letting your strong  
feelings out.



**Lesson Two** is that your mind can think of ways to be kind.

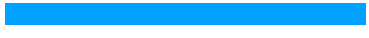



**Lesson Three** is from the heart, love brings us together not apart.



**Lesson Four** is trust in YOU, your heart and mind will guide you through.



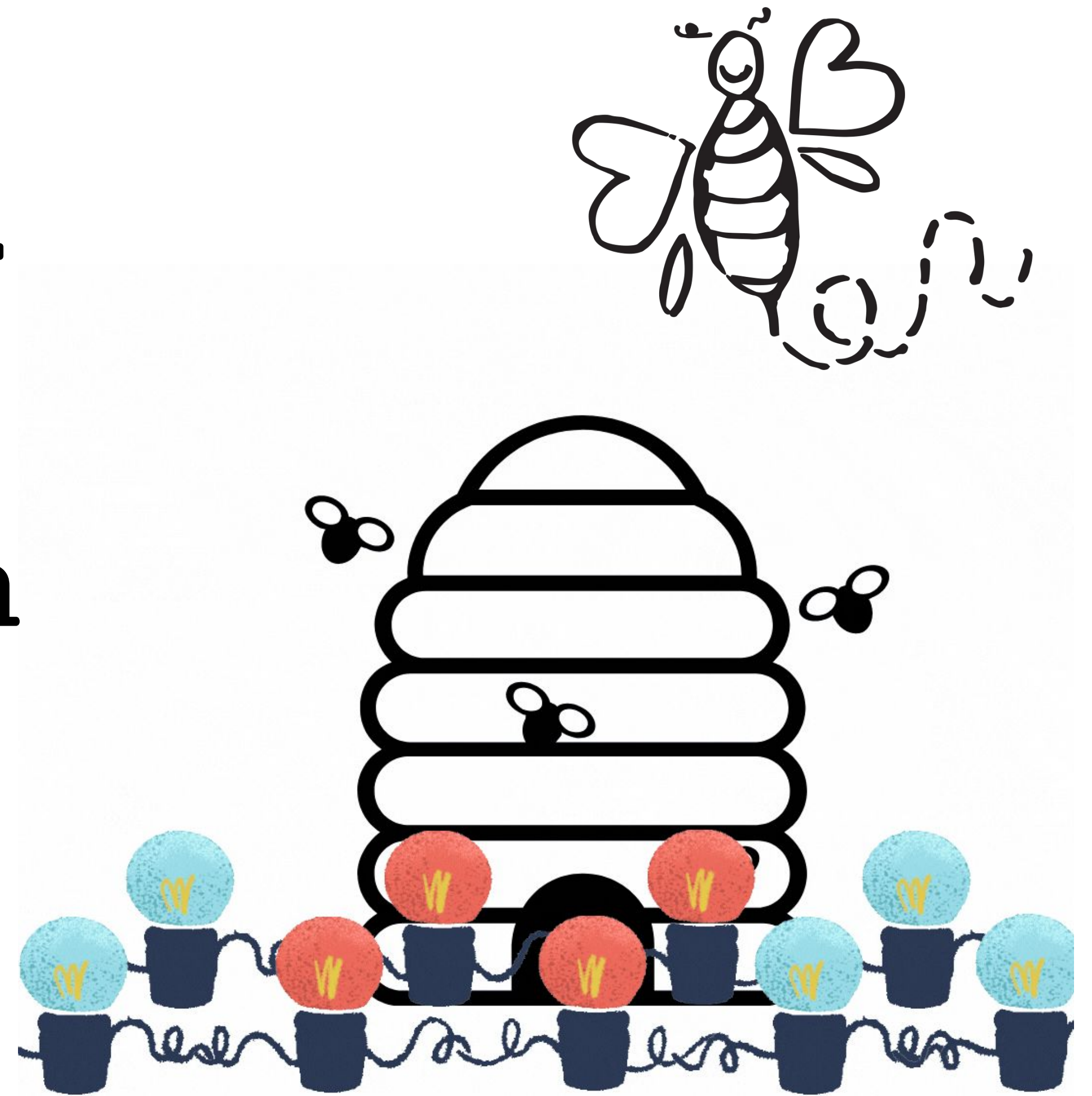


Then  had another thought of a lesson to be taught.

“I think there is a special end when we spread our love from friend to friend.”




**Lesson Five** is when you share your light of kindness everywhere one love light will turn into two.  
Imagine what more lights could do?





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Now's your turn  
to shine the light.

 sees your spark  
and it's so **bright!**

Not The End...



**Start Here**

Continue your quest with our Kindness Pledge,  
a Care Hard Plan, and more creative activities.

**Bee a bright light  
to change the world!**



## INLIGHT'S KIND CLUB

Welcome to INLIGHT Institute's Kind Club. By signing your name under the Kindness Pledge, you now are an official member of the Kind Club and will help create a brighter, happier future for our world. Remember, one kind word, one smile, or one act of kindness can cause an explosion of goodness. Your kind thoughts and actions will make good happen.

Repeat the Kindness Pledge and make waves of kindness throughout the world.

## KINDNESS PLEDGE

I promise to care about myself, others, and our planet. I will act in a way that is true and beautiful so I can light up the world with my thoughts, words, and actions.

Signature: \_\_\_\_\_

# BE KIND TO OTHERS

When you do something kind for someone else, you make them feel happy, making you feel happy too. Happy people are nice people. What starts small can end up making big waves of kindness and happiness.

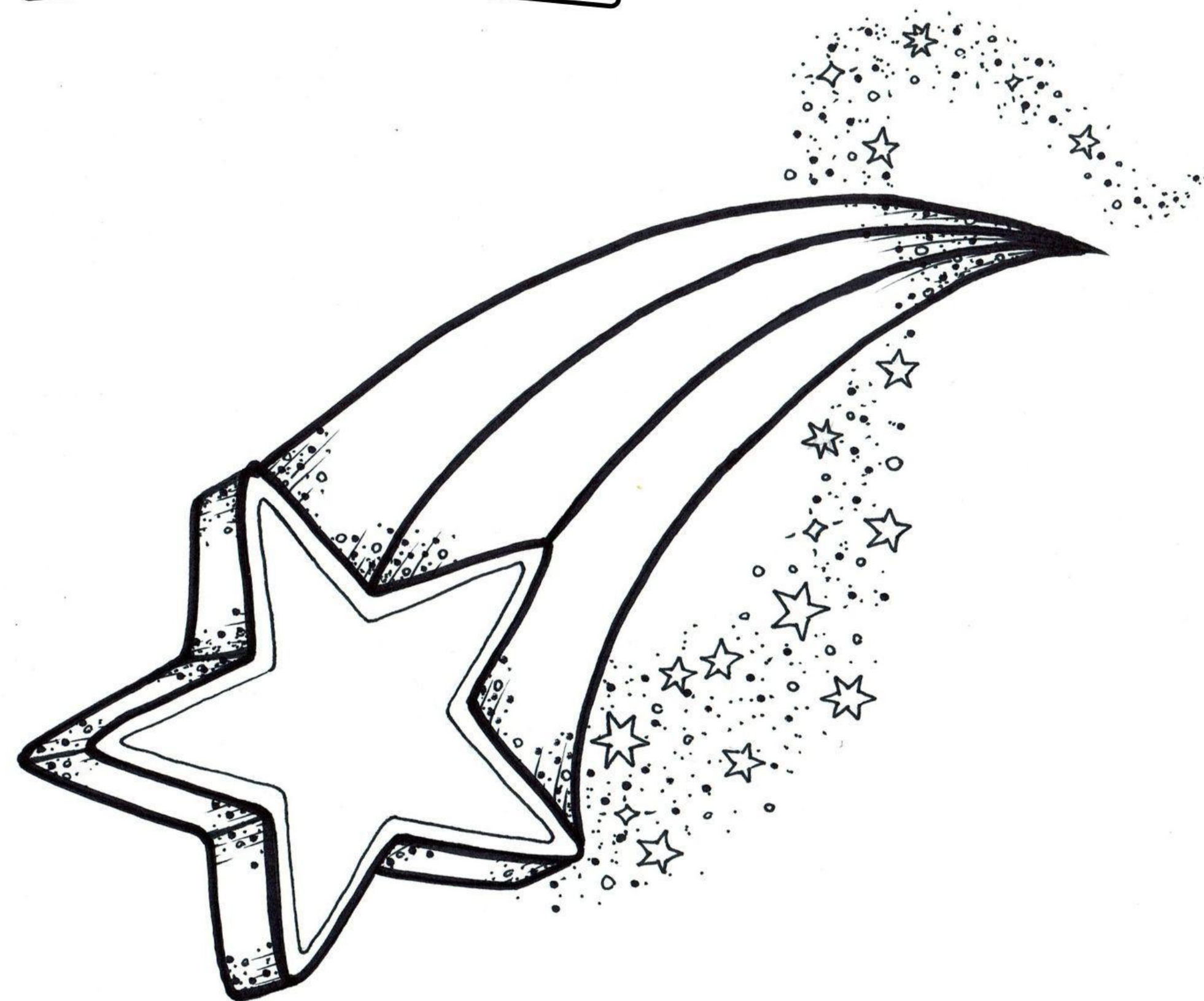
## IDEA STARTERS:

say "please" and play fair

share your toys

write a kind note

say "thank you"



In the star, and on each band, write a different way to be kind to others.

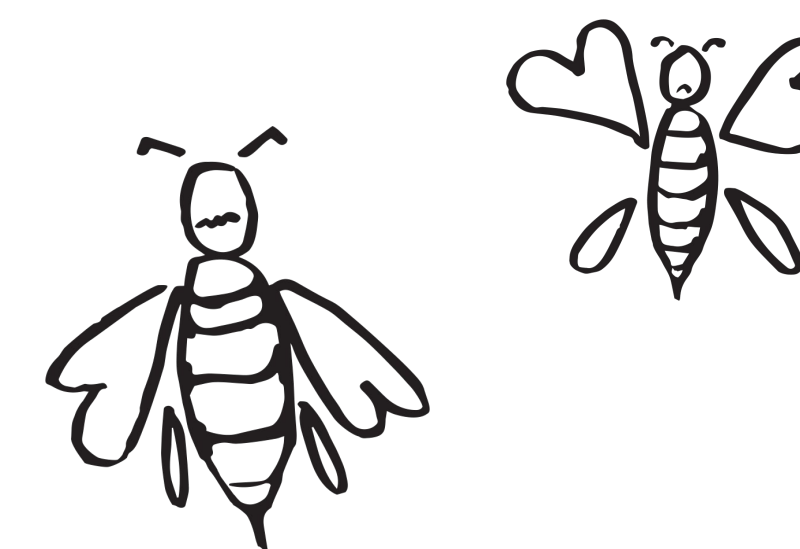
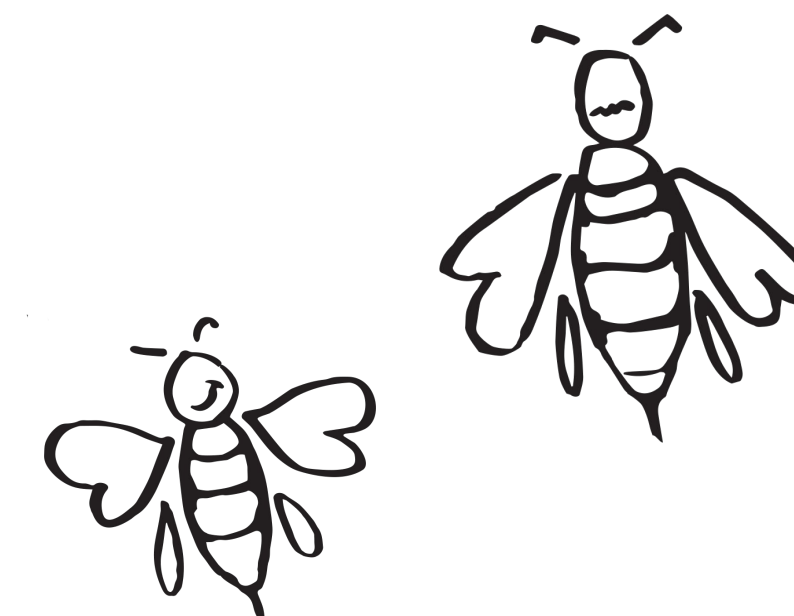
KIDS' EXTRA FUN



Do you enjoy apples, blueberries, and flowers? Bees are essential to nature and to providing food. They pollinate one-third of the food we eat!

Compared to 1947, the U.S. honeybee population has declined by 60%. There are five main reasons this is happening. You have the power to help them out!

Visit [The Bee Conservancy](#) organization to learn more.



DRAW A LINE FROM THE THREAT TO THE ACTION THAT CREATES A CAUSE AND EFFECT. ONE PERSON AND ACTION CAN MAKE A DIFFERENCE!

**Threats to Bees**

- Habitat Loss
- Climate Change
- Chemical Pesticides
- Invasive Plant Species
- Diseases and Parasites

**Actions You Can Do to Help**

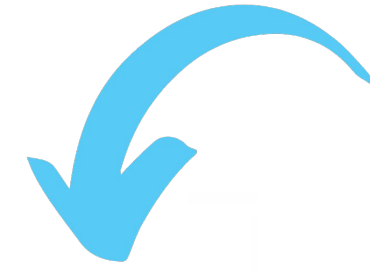
- Plant a bee garden and create a bee bath
- Go chemical-free on campus and at home to remove pesticides
- Ask government leaders or big farmers for a ban on harmful pesticides
- Ask government leaders to regulate commercial bee movement
- Teach someone about beekeepers, bee plants, and action options

CHOOSE ONE THREAT AND ONE ACTION TO KICKSTART A CARE HARD PLAN: COMMUNITY EDITION

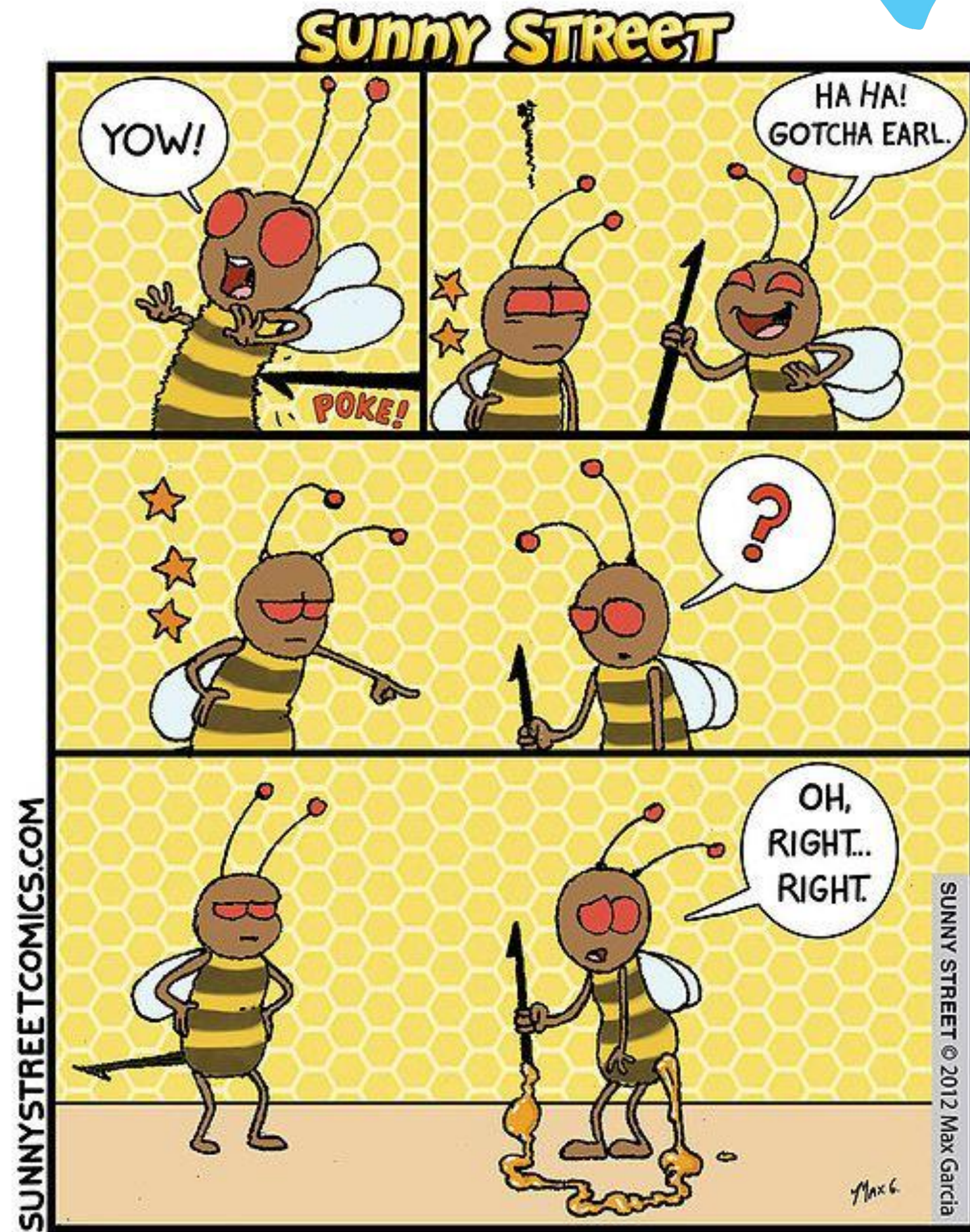
KIDS' EXTRA FUN

COLOR IN AND THEN CREATE A NEW FRIEND  
FOR YOUR BEE.





MAKE A COMIC STRIP LIKE MAX GARCIA



DOODLES

[LEARN AND DRAW A MINECRAFT BEE](#)

[Draw a Minecraft Bee Video](#)

[Learn about Minecraft Buzzy Bees](#)

[LEARN MORE ABOUT BEES](#)

[Under 5 minute video for Grades K-5](#)

[Keep the Hives Alive Documentary for Middle School](#)

[BUZZ, DANCE, AND REMIX LIKE A BUMBLEBEE](#)

[“The Flight of the Bumble-Bee” from The Tale of Tsar Saltan](#)

[How a Bumble Bee](#)

KIDS' EXTRA FUN

DEFINE THESE WORDS IN YOUR OWN WAY AND THEN SEARCH IN THE WORD SEARCH.



EMOTION

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CARE

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FEAR

---

FAMILY

---

GOOD DEEDS

---

LOVE LIGHT

---

SPECIAL

---

PRIDE

---

COURAGE

---

LESSONS

---

KINDNESS

---

---

D K R  
 C S Z Z C  
 A U N H Y  
 L A K N R  
 I F N X C L P T  
 M G H  
 M D C Y Q F V T M X J D T J K  
 A T N H P M W C Q E R A C L O  
 M F M D E J R M X J R E X B D W Y  
 B R A H Z J O H K W C P T P J  
 R W E B C D M T K R R Y G  
 C T O F H E O  
 E E C E W U O G J L V  
 G G P D C C L R P L C B K  
 F I Z I X E A A Q Q M A X  
 I E R T Q J I Z G R I K P  
 S P A K I C P E S I P  
 H Z R E K G I  
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 L E S S O N S D R U Y O Y H O  
 Q R C S Y H K S R Y Q Z R F E  
 Z P R E E V M T B B Q B X  
 H G K I N D N E S S X C F  
 L O V E L I G H T K B B W  
 A J B Z D B N Z V V M V E  
 A G G H I G A C F L O X L  
 C F N O I T O M E Q D  
 H D H S Z Z U G G M F  
 L P Y L I M A F N T G  
 N F E Y P S H J S

CREATIVE PROJECT

# Kindness Garden

Decorate rocks, sticks, and other parts of nature with kind messages to place out in your front yard. Help the bees by planting bee friendly plants in your garden.



# 5 Daily Checkins

Caretakers and educators can continue the values and skills talked about Bee a Light with daily checkins. Try the question prompts below to open a fresh conversation with kids. Replace “how was your day?” with:

01

DID YOU HAVE ANY SNORT LAUGHS?

What was funny today? Reflecting on the laughter in the day provides a connector around the good moments and reminds us all to revel in our own happiness as well as collective joy.

02

WHAT STUNG THE MOST?

What was your sadness? No day is all good and it's not healthy to never feel down, jealous, or mad. Make a note it happened and that you survived.

03

WHO HAD YOUR BACK TODAY? WHOSE BACK DID YOU HAVE?

Who are you connecting with? Relationships are integral to the human experience and friendship requires effort, respect, empathy, and honor.

04

HOW MANY THANK YOU'S DID YOU COUNT?

Where did you sprinkle and collect gratitude? Connection requires thankfulness and being mindful of it helps everyone.

05

DO YOU NEED A REAL BANDAID, HUG, OR BOTH?

Did you place yourself outside a comfort zone? Getting a scrape means we pushed a safe boundary. Hugs mean we are expanding our emotional toolbox. Both build resilience and grit.

A LOOK AT THE CURRICULUM

# Bee a Light

VALUES

*Advocacy, Attitude, Caring, Courage, Empathy, Family, Friendships, Integrity, Kindness, Love, Resilience*

SKILLS

*Emotional Intelligence; Resilience, Stress Tolerance, and Flexibility; Entrepreneurship, Management, and Teamwork*

THEMES

*Competence, Confidence, Connection, Caring, Character, Contribution*

RISK FACTORS

*Anxiety, Social-Isolation, Literacy, Self-Esteem, Caregiver Confidence, Community Activity*

CARE HARD SYSTEM

*Pair this book with the **ME CARE** pillar and extend active learning with the **Awesome Advocate** module and **Kind Hive challenge**.*

SYNERGY, COLLABORATION, PLANNING

*Current Campus Events Pairing: Book Fair*  
  
*Suggested Partner Programs: Four Steps to Friendship Program and Start With Hello*





**CREATORS: BEHIND THE SCENES**



**Ollie Davis**

He/Him  
Youth Creative Lead, Illustrator  
Bee a Light

Ollie is a teen, student, musician, and artist living in San Diego, CA. He started working with Inlight Institute because he felt there was a better way to take action against bullying in schools. Through art and design, he hopes to inspire people to be interested and celebrate their own and each other's uniqueness.

Ollie is a Care Hard advocate for youth development, anti-bullying, and art in the classroom.

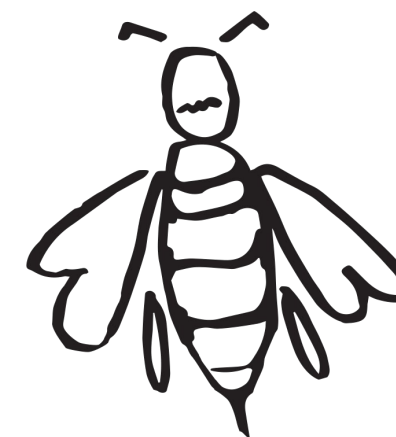
Wendy is a retired principal and educator, gardener, writer, and idea generator living in Carlsbad, CA. She started working with Inlight Institute because she wants kids to believe in themselves the way she does in them. Through education, poetry, and some fun, she hopes to provide kids with hope and hugs.



**Wendy Wardlow**

She/Her  
Board Member and Committee  
Chair of Education, Author Bee a Light

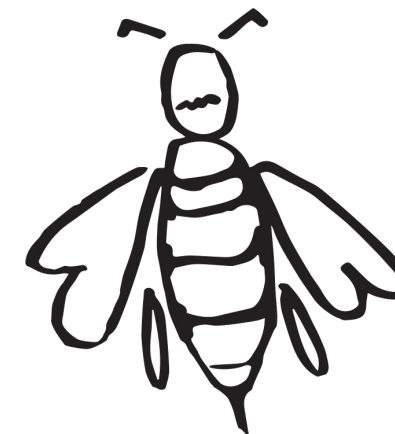
Wendy is a Care Hard advocate for early childhood and elementary education and mental health awareness.



**Annie Wong**

She/Her  
Claymation GIF contributor

Annie Wong, a.k.a. Headexplodie, is a mixed media artist and storyteller known for cooking up playful eye candy in the form of sculptures, illustrations, and stop motion animation. Her work is a blend of delightful fun, oddball humor, with a touch of teenage rebellion. Pee-Wee Herman once said she was cool and she has been riding high on that achievement ever since.





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**Bee a Light is part of the Care Hard System. It is created by Inlight Institute, a nonprofit organization with the mission to empower kids to care about themselves, others, and the world around them.**

**Through a people-focused education constructed from social science and behavioral research, we address social deficits affecting youth today, including; anxiety, bullying, self-harm, loneliness, suicidal tendencies, and violence.**