

Pause
Ask
Listen
♡

Fill a Shelf

A little story about
sharing, helping and kindness

Small
things
make a big
difference
♡

GIVE

SHARE

HELP
♡

Food Bank
Kind people
Stronger communities
♡

CEREAL
♡

PASTA

The Early Years Edit

PLAY • BELONG • MAKE A DIFFERENCE



Our shelf ♥

Here is a shelf.
It looks a little bit...

≡ **EMPTY!** ≡

Uh-oh.

Can we fill it?

≡ **YES WE CAN!** ≡

One tin.

One box.

One packet at a time.

Fill a shelf. Help a little.



Kind people
fill shelves
♥

Good
Food
Brighter
Days
♥

Together
we can
make a
difference
♥



What shall we bring?

What could we bring?

A tin of beans?



YES!

A box of cereal?



YES!

Some pasta?



YES!

A muddy welly?



Nooooo!

Silly welly.

We bring food to share.



Fill a shelf. Help a little.



But why? ♡

Sometimes people need a little help.
Sometimes they might need some food.

And sometimes we can help.
We don't need to know why.

We can just be kind. ♡

SHARE
GIVE
BE KIND ♡



Fill a shelf. Help a little.



A donation

There's a big word for something we give to help.

DONATION!

Can you say it?

DO-NA-TION!

A tin can be
a donation.



A packet can be
a donation.



A box can be
a donation.



Your teddy?



NOOOOO!

Teddy can stay
with you.



Kind people
Stronger
communities
Happier days

Food Bank

Fill a shelf. Help a little.

Small
donations
make a big
difference

Give a little
Help a lot

Pause

Before we choose...

PAUSE.

Have a look.
What could we give?

Something
unopened?



Something
yummy?



Something
somebody else
could use?



Together
we can
make a
difference



Small
things
make a big
difference



Kind
Choices
Brighter
Days



Give
Share
Help



A
kinder
tomorrow



Food Bank



PAUSE. ASK. LISTEN.

Then choose together.



What is a food bank?

Where will our donation go?

To **FOOD BANK!**

Is it a bank full of money?



NO!

Is it a bank for ducks?



QUACK
QUACK...

NO!

A food bank is a place where food is collected for people who need it.



Lots of people give a little.
And all those little bits add up.



Little donations make a big difference



Fill a shelf. Help a little.



FOOD BANK
♡

SHARE
GIVE
HELP
♡

Kind
People
Stronger
Communities
♡

GOOD

FOOD

BRIGHTER
DAYS
♡

CEREAL

PASTA

BEANS

PAACK

KINDER
PEOPLE
BRIGHTER
DAYS
♡

Here it comes!



One tin...

**POP IT ON
THE SHELF!**



One packet...

**POP IT ON
THE SHELF!**



One box...

**POP IT ON
THE SHELF!**



Another tin...

**POP IT ON
THE SHELF!**

It's getting
fuller!



Fill a shelf. Help a little.



Little things

One tin doesn't
look very big.



One packet doesn't
look very big.



One little box
doesn't look very big.



But...



+



+



+



=

makes

LOTS!



Lots of little kind things
can make one **BIG**
difference.



Fill a shelf. Help a little.



Look at that shelf!



Tins.
Boxes.
Packets.
Food to share.



Everybody
brought a little.
Together,
we made a lot.



And that's what Kindness can do

Small donations make a big difference



We paused.

PAUSE.



We asked, "How can we help?"

ASK.



We listened.

LISTEN.



Then we did something kind.



One tin.



One box.



One packet.



One little act at a time.

Because even little hands can do kind things.

And together...

WE CAN FILL A SHELF!



PAUSE. ASK. LISTEN.

WE ASK x The Early Years Edit



KINDNESS LIVES HERE



KINDER PEOPLE
BRIGHTER DAYS



COMMUNITY
KINDNESS
BELONGING



GOOD
PEOPLE
HELP
PEOPLE



A small book about big kindness.



This book was made especially for our little ones to help them understand what a food bank is, what a donation means and how even the smallest act of kindness can make a big difference.

Through simple words, familiar objects and real-life situations, we hope to open conversations about compassion, community and caring for others in a way that feels safe, positive and child friendly.

Little people.
Big differences. ♥

Because a kinder, brighter world
starts with our little ones.



Pause.
Ask.
Listen.
♥

Small
hands
can change
the world
♥

Donations
make a
difference
♥

With love

The Early Years Edit



WE ASK × Pause. Ask. Listen.