

BE KIND!



Activity ideas to encourage kindness and thankfulness in your setting

Modelling kindness and gratitude, through words and actions, is the very best way for children to learn to be kind.



At circle time, place a hoop in the centre. Give each child a Kindness Heart or something similar and take turns to place them in the hoop naming **things that make them happy or kind acts** of others.



Read the book 'Kind' by Alison Green to your group/class. It teaches children many ways in which they can be kind.



Kindness Jar – have some Kindness Hearts or other tokens ready to place in the jar when children **see a kind act**. When it is full, then have a class celebration.



Talk about what kind hands, kind words and kind feet look like.



Encourage children to invite others to play with them and share toys.



Paint flat, smooth stones as gifts to **give to others**.



Make a kindness tree in the classroom where each leaf is an act of kindness. Equally, you could make a thankfulness tree where the leaves are what we are thankful for.



When distributing resources (e.g. musical instruments), encourage children to take two and **give one to someone else**.



Design a kindness poster of ideas for your group or class.



Ask your children to draw a picture of what a **kind world** looks like.



Make 'thank you' cards to give to people who have been kind.



Choose one child a week and make a **'picture of positives'** of them. Put their photo in the middle of the page and then ask children to share their kind words and thoughts about them. Write everyone's kind words around their photo and give them a Kindness Heart to keep.