



Kindness crafts

	<p>Make a paper chain of kindness. You will need paper and pens On each strip, you could write words associated with being kind or actions on how to be kind. You might write promises of how you will be kind in the future or how you feel when someone does something kind to you. You could use this to decorate your window.</p>
	<p>Make Kindness rocks You will need rocks and paint. You could paint some rocks with positive, motivational quotes and pictures to hide around your local area. Can you spot any on your daily exercises?</p>
	<p>Build a kindness tree You will need some large paper, some coloured paper, an envelope and some pens To make a kindness tree make a bare tree out of a large piece of paper. Cut out some leaves (any shape you want) and place in the envelope next to the bare tree. Every time you do something kind or someone does something kind to you add a leaf to the tree. On each leaf, write or draw the act of kindness. How full can you make your tree?</p>
	<p>Make some kindness bookmarks You will need paper or card and some colouring pens. Make your own bookmarks with the theme of kindness. You could decorate them with quotes or pictures. You could even make some for your friends or family- why not write all the reasons you love them on it and give it to them as a gift.</p>



Kindness notes

You will need paper, white wax crayon or a candle and some felt tip pens

Make some secret notes to give to family members to tell them how much you are thankful for them or love them. Write a secret note onto the card shape with either a white wax crayon or a candle. Give the note to someone. To make your magic message appear colour over the secret message with a felt tip pen.



Kindness postcards

You will need some paper or card and anything to decorate your postcard.

Make a postcard out of a piece of card or paper. Draw or paint a picture to make someone smile. Now write a message and post it to someone you are missing.



A kind pat on the back

You will need some paper and things to decorate your handprint.

Draw around your handprint and cut it out. On the handprint write the person's name and then write kind words and reasons why you love/ are thankful for this person.

Give the pat on you back to someone in your family. You could even post it to someone you are missing.



Send a hug

You will need paper or card and some string.

Send a hug- draw around your hands and measure your arms using string, paper or anything you can find, and then stick it together as 'one big hug.' Write a message and send it to a family member who you are missing and want to give a hug.



Rainbow kind artwork

You will need coloured paper or pens and paper.

Write a name of a person you care about on the cloud. Make rainbow strips and on each strip write reasons why you love them.



Make your own kindness jar

You will need a jar, paper and pens.

Can you fill your jar with acts of kindness? You could leave your jar empty and every time you do something kind add your action into the jar. It could be a competition between you and your sibling. Who can do the most acts of kindness?

Or

You could make it as a challenge card- fill the jar with ways to be kind and pick one out and complete it.