

Kindness Tree Activity

Encourage kindness at home by making a Kindness Tree with your kids or family. Every time someone performs an act of kindness, add a leaf to the tree and watch it grow! You can display your Kindness Tree in a window, on the fridge, or another prominent place in your home.

MATERIALS:

- Brown construction paper or a paper bag
- Coloured paper in your favourite colours
- Glue
- Scissors
- Bowl or Jar

1. Trace each person's hand on brown construction paper (or paper bag).
2. Cut out their handprints and stick to a window or wall or glue onto a large piece of paper.
3. Cut out lots of leaves in everyone's favourite colours. You can also use fun shapes like hearts! Fill up your jar or bowl with the leaves.
4. Encourage your family to do acts of kindness for one another.
5. When someone completes an act of kindness for someone they are "gifted" a heart in that person's place on the tree. You can use different colours for each person or write initials on them.
6. Have fun and watch your Kindness Tree grow!

