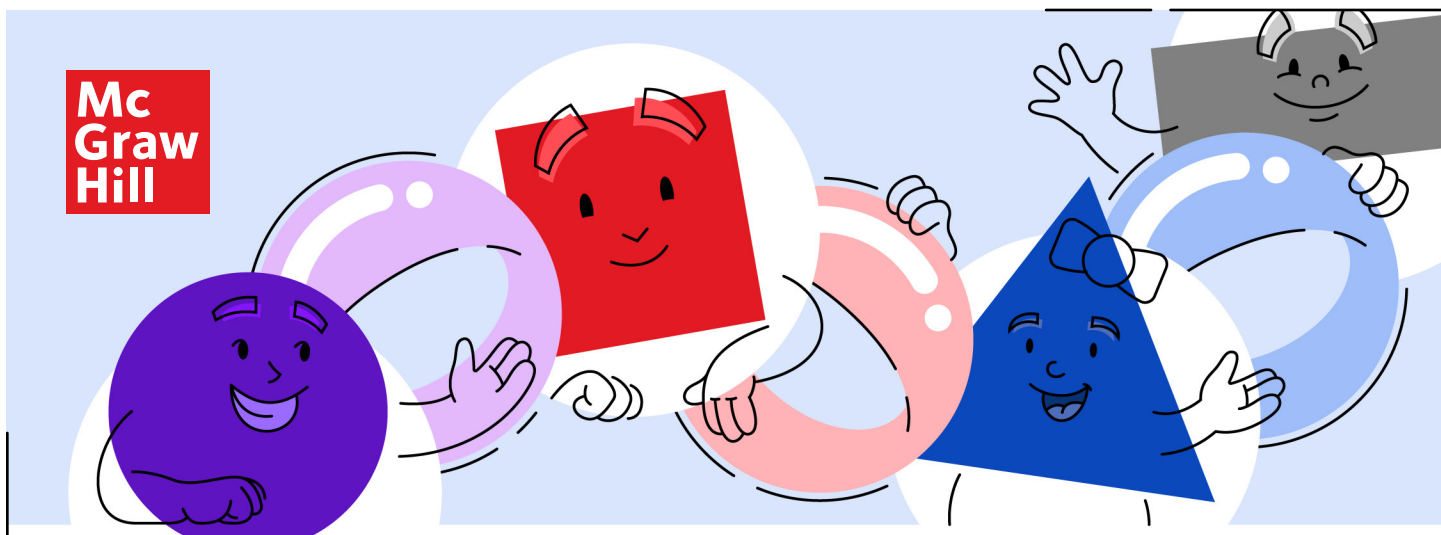




Kindness Connects Us All!

Materials needed: kindness strips (see page 2), tape/glue, marker/pen, and scissors

Directions for Creating a Kindness Chain:

1

Copy and print the sheet of kindness strips on colored construction paper or cardstock. Then, cut on the dotted lines to create strips.

2

Complete a strip by recording acts of kindness performed, witnessed, or received. Examples might include:

“_____ showed kindness to _____ by helping with classwork.”

“_____ showed kindness to _____ by helping clean up the work area.”

“_____ showed kindness to _____ by sharing a snack.”

3

Create the links by forming a loop with the first strip and securing the ends with tape or glue. Take the next strip, loop it through the first loop, and secure the ends to create a chain. As you perform or witness more acts of kindness, add more links to the chain to make it grow longer.

Note: You can adapt the activity by setting a time frame (e.g., a week, a month) or a target for the chain length.

4

Reflect on the acts of kindness and the positive impact they have on others!

_____ showed kindness to _____ by _____

_____.

_____ showed kindness to _____ by _____

_____.

_____ showed kindness to _____ by _____

_____.

_____ showed kindness to _____ by _____

_____.