

The Jar of Kindness

Ask your child to think about something someone has done which was kind, generous or thoughtful. Ask them to think about how this made them feel.

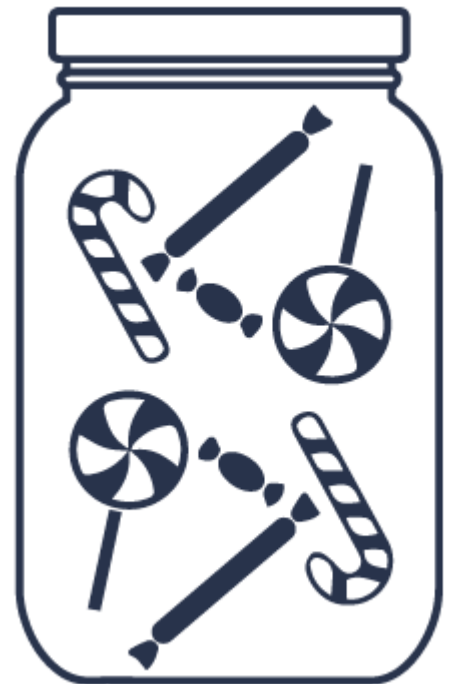
If they can write themselves, get them to write these down on some pieces of paper or you can write them down for them.

The papers are then folded up and put into a jar.

Keep the jar in a prominent place in your home and add to it throughout the week. Get the whole family involved and ask them to add to it when they experience an act of kindness.

At the end of the week share the contributions and use them to discuss how these acts of kindness made them feel or if a family member was mentioned in an act of kindness say thank you to them.

This could also be done as a standalone activity or changed each week to reflect a different virtue.



Materials:

- Coloured pens
- Paper
- Jar