

Kindness Jar

Give a hug to someone in your family

Help your family with a chore

Read to a member of your family

Write a thank you note for someone

Smile at someone who is not smiling

Cheer up a friend who is sad

Donate clothes you've outgrown

Give a compliment to someone

Thank someone who did something kind for you

Make your own bed

Help cleaning up without being asked to

Wave and say "hi" to your neighbours

Material:

- 1. Kindness Jar Template
- 2. A4 paper/Card
- 3. Scissors
- 4. Glue
- 5. Pencils or crayons

Instruction:

- Print the Kindness Jar Template on paper/
 card
- 2. Colour the jar and the hearts.
- 3. Cut out the hearts.
- 4. Glue the hearts inside the jar as you complete the activity.

1/2



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