



Grow a tree full of kindness

Kindness can be found in the smallest moments. Holding a door open, helping someone tidy up, sharing a toy or simply making someone smile can all make a difference.

Create your own kindness tree and watch it grow throughout the season as you notice thoughtful things happening around you.

Materials

- A large piece of paper or card
- Brown paper, paint or crayons for the tree trunk
- Coloured paper for the leaves
- Scissors
- Glue or sticky tape
- Pens or pencils

How to play

1. Draw or create a large tree trunk and branches on a piece of paper or card. Leave plenty of space around the branches for your kindness leaves.
2. Cut out leaf shapes from coloured paper. You could use different autumn colours such as red, orange, yellow and brown.
3. Throughout the day, look out for moments when someone does something kind or thoughtful. It could be something your child does, something a sibling does, or an act of kindness they notice from someone else.
4. Whenever you spot an act of kindness, write or draw what happened on a leaf and add it to

your tree. For younger children, an adult can write their words down for them.

5. Keep adding leaves throughout the week or season and see how your tree becomes fuller and fuller. Talk together about all the different ways people can show kindness.

How Does This Benefit Children?

Social and Emotional Development - Recognising acts of kindness helps children understand how their actions can affect other people and supports positive relationships.

Empathy - Talking about how someone might feel when they are helped, included or cared for encourages children to consider other people's feelings and perspectives.

Communication and Language - Discussing kind actions gives children opportunities to talk about their experiences, explain their ideas and develop emotional vocabulary.

Confidence and Self-Esteem - Recognising children's thoughtful actions helps them understand that their contributions are valued and that they can make a positive difference to others.

Emotional Awareness - The activity encourages children to recognise different emotions and think about how kind actions can make people feel.

Positive Relationships - Celebrating kindness creates opportunities to talk about sharing, helping, listening, taking turns and looking after one another.

Discover the Seasons of Wonder

Follow Marvin's walk, enjoy seasonal inspiration and discover your nearest Monkey Puzzle Day Nursery & Preschool.

monkeypuzzledaynurseries.com/seasons-of-wonder

