

TiNY SEEDS of KiNDNESS

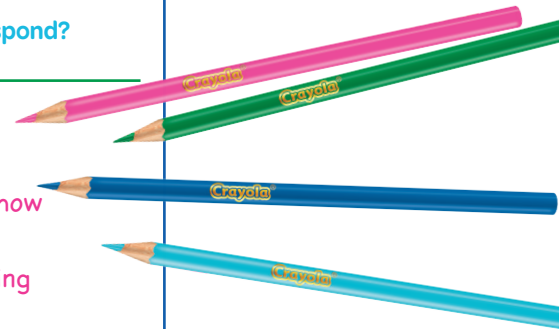
Celebrating Kindness

"Scatter seeds of kindness wherever you go."



RESPOND to kindness with kindness. How does it feel when someone shows that they care about you? What seeds of kindness can we see or feel? How can we continue to scatter those seeds of kindness with our responses? Write a list of ways others have been kind to you and ways you have responded.

List some ways others have been kind to you	What are ways you could respond?
gave you a warm welcome	smiling back
gave you a hug	sharing an elbow bump
prepared food	saying "thank you, I love how this tastes!"
helped you succeed	paying it forward by helping others succeed

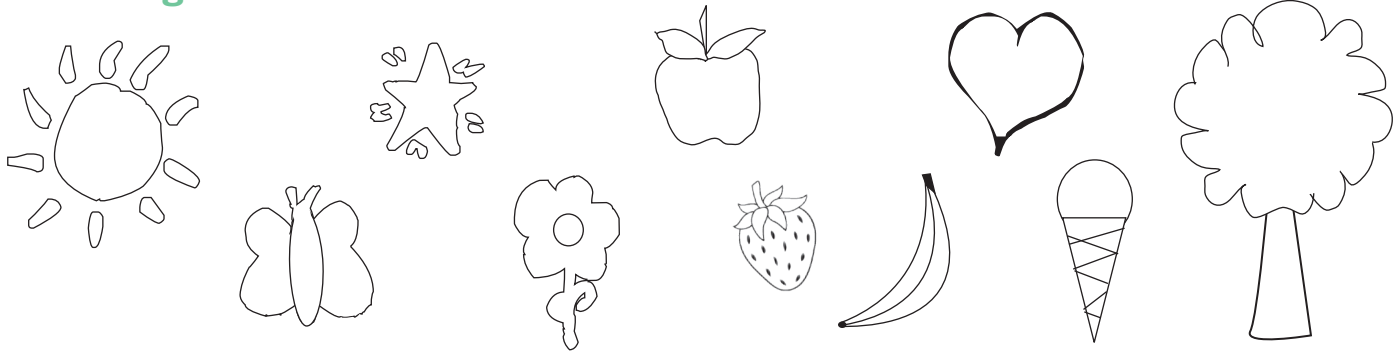


CREATE miniature thank you cards. People everywhere demonstrate acts of kindness in various ways. A special way to scatter the seeds of kindness you have received from them is to design and create a set of small thank you cards that you keep with you. Be ready to hand one to someone who does something nice such as opening a door or helping you retrieve something that was difficult to reach. Cut small cards (about the size of business cards) out of card stock or index cards. Write *Thank You* in a playful, colourful design. Sketch symbols of kindness such as flowers, birds, seeds, hearts, sunshine, leaves, smiling faces, or helping hands. Tuck a stack of these tiny thank you cards into a clear plastic bag that zips closed.



TINY SEEDS of KINDNESS

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SKETCH IMAGES AND WRITE WORDS THAT EXPRESS APPRECIATION.



THANK
YOU



PRESENT a miniature thank you card to a person who does not expect it! Tuck the bag in a pocket or backpack so it is handy wherever you go. On the playground, in the library, while shopping, or walking around the city, when you see someone being kind, surprise that person with a tiny note of thanks that shows you saw seeds of kindness being shared.



CONNECT how feelings like kindness and joy or fear and frustration can be contagious. How does the way we feel affect others? What are some ways people communicate their feelings? How does giving a tiny note of thanks help people realize that their actions impact others? Besides cards, in what additional ways can we let others know their kindness is noticed and that the way we treat people affects others?