

Pieces of Kindness

As a reflection activity, create a collaborative class art piece. Let your focus be on community, kindness, or unity. Each student creates their own art piece, and each art piece comes together to create one giant art piece.

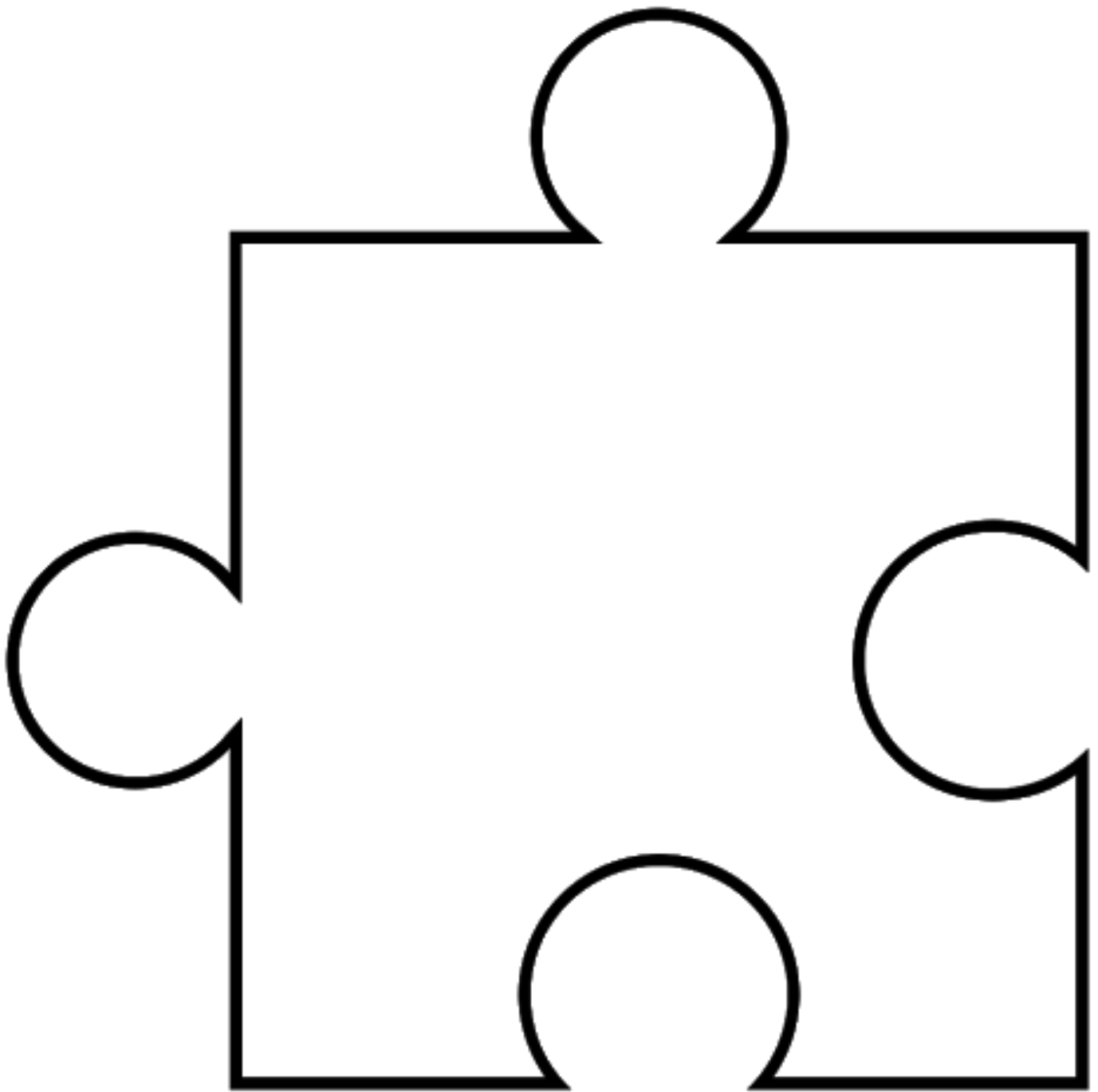
Shopping list:

- ☐ Puzzle piece sheets provided below (1 for each activity participant)
- ☐ Art materials (crayons, markers, color pencils, paint, etc.)
- ☐ Scissors
- ☐ Butcher paper or poster board
- ☐ Glue or tape



Instructions:

1. Provide art materials and a puzzle piece sheet for each student or activity participant
2. Instruct students to draw, paint or color their puzzle piece to answer the question "What does kindness/ community/unity look like?"
3. Once students have finished their individual pieces, have them work together to construct one art piece from their art pieces
 - Have students cut out their puzzle pieces
 - Provide butcher paper or poster board big enough to fit all puzzle pieces
 - With glue or tape, have students position the puzzle pieces on the butcher paper/poster board so that the puzzle pieces fit together
 - You can arrange them around a word or phrase
 - You can let the pieces come together and speak for themselves
4. Once your class art piece is complete, display it for all to see!



Kindness Rocks

Kindness rocks are a way to spread kindness around your community in a creative way. All it takes is a few rocks, paint, a marker and a friendly word. Create your rocks, distribute them in your community and make someone's day.

Materials:

- ☐ Multi-surface paint in a variety of colors
- ☐ Paint brushes
- ☐ Paper towels and water for clean up as you go
- ☐ Black paint marker or permanent marker



Instructions:

1. Paint the rocks with different designs and let them dry.
2. Write words of encouragement, quotes, or lyrics with black marker and let it dry.
3. Leave them in public places to spread kindness in your community.

Chains of Kindness

As a reflection activity, create a chain of kindness. Provide time in your daily class schedule or as a weekly practice for students to share how they have seen kindness shared in their school. Let the chain you create be a reminder to be kind to one another.

Shopping list:

- ☐ Strips of construction paper or cardstock in multiple colors
- ☐ Markers
- ☐ Stapler

Instructions:

1. At the end of the week or each day, provide 5-10 minutes for students to share how they have seen kindness shared in their school during the week or that day
2. Record each act of kindness on one of the strips of paper with a marker
3. Create a chain out of the strips of paper
4. Hang the chain in the classroom to be a reminder for students to look for kindness and to be kind





Snack Pack Guide

Creating snack packs is a simple way to provide practical help to an individual experiencing homelessness. Keep some in your car so you're prepared to offer one to a person in need, or donate the packs to Room In The Inn.

Shopping list:

- | | | |
|--|--|---|
| <input type="checkbox"/> Gallon-sized Ziplock bags | <input type="checkbox"/> Utensil packs | <input type="checkbox"/> Encouraging note (optional) |
| <input type="checkbox"/> Snack items | <input type="checkbox"/> Water bottles | <input type="checkbox"/> Hand sanitizing wipes (optional) |

What snack items does the ideal snack bag contain?

3 proteins, to include a variety of the following:

- ☐ Small cans or package of tuna or chicken
- ☐ Vienna sausages
- ☐ Beanie weenies
- ☐ Tuna or chicken salad kits
- ☐ Beef jerky
- ☐ Protein bars
- ☐ Protein shakes
- ☐ Nuts

4-5 of the following items:

- ☐ Chips
- ☐ Cookies or Chewy bars
- ☐ Granola bar
- ☐ Pack of sandwich crackers (peanut butter or cheese)
- ☐ Fruit cup
- ☐ Snack cakes
- ☐ Raisins or other dried fruits
- ☐ Fruit leather or fruit snacks

Optional Ideas:

- ☐ Add an encouraging note
- ☐ Throw a snack bag assembly party
- ☐ Decorate bags with fun images





Take What You Need Posters

Take What You Need Posters are a great way to spread kindness and positivity in your community especially when you have time constraints or if you are living in a pandemic. You simply make the posters, scatter them in your community and let the kindness spread!

Materials:

- ☐ Paper (you can use plain white printer paper or spice it up with your favorite color cardstock)
- ☐ Markers
- ☐ Scissors
- ☐ Staple gun, glue or tape

Instructions:

1. On paper of your choice, write the phrase "Take What You Need" to take up $\frac{3}{4}$ of the page
2. Underneath, write words or phrases to make someone's day
3. Orient these words and phrases opposite of the "Take What You Need" already written on the page
4. Examples words and phrases:
 - Compliments
 - Positive Quotes
 - Qualities (ie Love, Patience, Hope...)
5. Cut between words or phrases to make tabs for people to tear off
6. Distribute posters throughout your school, community, or neighborhood

