



The Kindness Tree

Classroom or family activity

Group 1

Draws and colours a picture of a large happy tree (any tree, any shape, any colour or myriad of colours).

Group 2

Draws and colours leaves, apples, hearts and other shaped items, which are then cut out.

Group 3

Draws and colours leaves, apples, hearts and other shaped items, which are then cut out.

At the end of this activity (approx 30 mins)

The groups reconvene and we introduce “the Kindness tree” we paste the tree to a wall and every time a child, adult or teacher commits a random act of kindness their name is written on a leaf/fruit or shape with their kind act and pasted onto the tree. We are encouraging the children to see virtues in others so they may write others names on their fruit or leaves and paste them to the tree.

We can begin with noticing past acts of kindness and pasting them onto the tree. Ask the children to think of actions they’ve noticed in others and paste them onto the tree. Allow the children to name family members or friends outside the classroom to give them the idea that acts of kindness are meant for everyone.