



Kindness Cloud Craft

Let people know what you think of them. Bring a smile to their face. Maybe do one for yourself. What are your qualities that you should take time to celebrate?



3. Planting Seeds of Kindness

• Bingo • Kindness in a Bag • Family Time Capsule • Family Tree Collage • Blessing Stick

Random Acts of Kindness BINGO!

Taken from <https://afineparent.com/positive-parenting-faq/kindness-activities-for-kids.html>

- Make a grid on a piece of paper. Make as many squares as you wish but sixteen or twenty-five work well. For very small children, nine squares help to achieve a "Bingo" a little more quickly.
- The kids can decorate the Bingo sheet with images that come to mind when they think about kindness (hearts, rainbows, helping hands).
- In each Bingo square, write an act of kindness. Get your kids involved and encourage them to think up ways to be kind: say hi to a neighbour down the street, help younger sibling pour the milk, set the table without being asked, etc. Leave a square or two blanks for spontaneous acts of kindness that aren't specified on the Bingo sheet.
- Make, decorate and cut out small hearts. Then, stick the hearts to the bingo board when the kids complete the acts of kindness. You could also stamp the square with a Bingo stamper or highlight it if you prefer.
- When the Bingo square is complete have some way to celebrate: a special dessert, or a half-hour later bedtime, for example.

Random Acts of Kindness BINGO!

Help your brother clean his room.	Say hello to three people today.	Hold the door for someone.	Make your teacher a thank you card.	Share your toys.
Hug your dad.	Clear the dishwasher.	Help make dinner.	Share your cookies at lunch.	Say sorry.
Call your grandmother.	Invite a new friend to play at recess.	Today I _____	Read a story to your sister.	Rake the front lawn.
Walk to school with your sister.	Tell someone a funny joke.	Give your allowance to a charity.	Thank mom for dinner.	Tell someone you love them.
Today I _____	Walk the dog.	Set the table.	Hug your mom.	Today I _____



Kindness in a Bag

Put every family member's name in a bag. Each person takes out a name and makes a special effort to be nice to the person whose name you pick. You can chat about ideas for how to do this beforehand – helping that person with chores, sharing a treat with them, doing something special for them, praying for that person and writing them a note to let them know etc. You can add an extra element by making the game a secret, so people have to guess who their Agent of Kindness is!



Family Time Capsule

This is a great one for looking back in years to come to see how kindness has grown as it is practised in your family, even during difficult times.

list of every family member's favourites (included in the printable set at the end of the article)

- ✓ family photos
- ✓ children's artworks
- ✓ letter to your future self
- ✓ keepsakes (drawings, hand prints, special items)
- ✓ postcards
- ✓ a list with a short explanation for each item
- ✓ toy figurines
- ✓ newspaper / magazine pages
- ✓ facts about the current year
- ✓ favorite quotes
- ✓ memorable family memories
- ✓ a note from you to your children



Open it on New Years Eve 5 years from now. Downloads of printables here: <https://playfulnotes.com/wp-content/uploads/Time-capsule-printable-set-Playful-Notes-9.pdf>



A Collage Prayer Tree

This shows how you might create a prayer tree as a collage.

Paint 3 sheets of paper with stripes of different colours, focusing on greens, reds and browns:



Take the brown painted paper and tear it into strips.

On a fresh white piece of paper stick the strips of brown paper onto the background to create a trunk and branches:

Tear up the reds and greens to create leaves. These can be all different shapes and sizes.

Write the names of the people you want to pray for on the leaves and stick them in the gaps between the branches.

This is a great activity for people of all ages and abilities to enjoy. It can also be done as a group activity. Maybe your Church would like to see all of your trees brought together at Harvest Thanksgiving?

There is another prayer tree idea with a template here:
<https://www.benandhannahdunnett.com/week-one-creating-a-prayer-tree/>



Blessing Stick Templates:

Get a jar and spend time decorating it. This will be your blessings jar. Either use lolly sticks or strips of hard card and do up some blessings that you pray for people in your life.

Some examples are:

- 'May you know the deep peace of God'
- 'You are Loved'
- 'You are Known'
- 'You are Special'
- 'God's face is towards you.'
- 'May you be blessed.'

Decide how you are going to distribute your lolly sticks to bless those around you.



(Alternatively you can leave the card strips or lolly sticks blank but as you pray blessings on others, or are grateful for the blessings in your life, you can take the time to fill in a lolly and see how many have been filled in by the end of the week.)

