



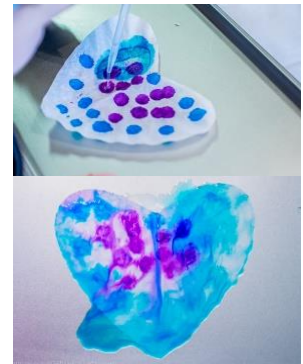
# Spreading Kindness

*Object Lesson About The Importance of Kindness to Others*  
*WITH CLASSROOM HEART CRAFT*

1. Spend time talking with your students about the importance of kindness, take a coffee filter and cut it into a heart shape. Explain to your students that the heart shaped coffee filter represents the world around you. Have the students decide whether that means your school, friends, community or family.
2. Use dot markers (you can also use non washable markers) and dot the coffee filter with different colors (you can ask a student to help you if you want to). Be sure to keep the colors separate. Explain to the students that the dots of color represent the people you interact with.



3. Chat with your students about how acts of kindness and service enrich our lives and make us better people. Ask the students to come up with some examples of kindness they can show to others.
4. Now hold up you're an eye dropper and point out that it represents a single person. Slowly add drops of water to the heart coffee filter. Explain that the water represents acts of service and kindness.
5. Explain to the students that as the water spreads into the colors on the heart coffee filter, Your Good are Deeds in Action. It's like dropping a pebble into a pond that pushes water outward in all directions causing ripples. And soon the coring will spread around, mixing with other colors.



This represents how your kindness not only helps other people but also helps them to help others as well.

Point out that this is what happens as we share kindness to others. When we brighten somebody's day, we change the world a little. Place the heart in between two layers of paper towels to soak up the excess water.

Kind words not only lift our spirits in the moment they are given, but they can spread to others.



Hold up the colored heart and let the student know that kind words and deeds tend to have a ripple effect. If we show kindness to somebody and that somebody might be so cheered up that he or she passes it along to another. That's a cycle that can keep on turning forever.



The world might indeed be a big place but you can explain to the students that they can be a mighty big part of it too by spreading a little kindness.

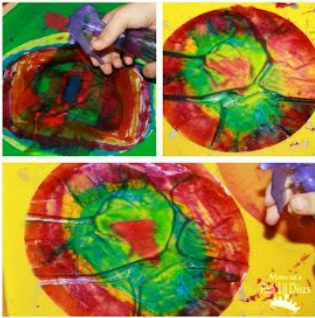
## HEART CRAFT FOR STUDENTS:

This is such an easy craft that children of all ages can enjoy making these hearts. Here's what you need to do -

1. Let child freely color the coffee filter using markers. The brighter the colors and the more of the coffee filter they color - the more vibrant your finished coffee filter will look. *(Do not use washable markers).*



2. Using a spray bottle filled with water, spray the coffee filter. A little water goes a long way. Too much water tends to dilute the colors. Students enjoy watching the colors spread and mix as the water travels through the coffee filter.



3. Allow the coffee filters to dry.



4. Using construction paper, prepare your heart frames by cutting out a large heart and snipping out the middle. The heart should be slightly larger than your coffee filter heart. *(You can also just cut one big heart that is about 1-2 inches larger than the coffee filter heart).*



5. Glue the construction paper to the back of your heart frame. You might want to use 2 heart frames if you are displaying these in your windows so that both sides look the same. Hang them in your room to remind the students about spreading kindness.



Great way to talk about kindness with your students and spread a little kindness, while decorating your classroom!