

Kindness Jar Materials:

For this project, you will need the following:

- Container- Jar, box, can, etc.
- Decorating supplies- paper,



Make a Family Kindness Jar

Description:

Make a kindness jar that is filled with ideas of random acts of kindness that your kids can do, you can do as a family, etc. Acts of kindness can be simple things children say or do that demonstrate a concern or care for others. Your entire family can help think of acts of kindness they can do. It's a great opportunity to talk about what kindness is, why it is important to be kind to others, etc.

Instructions:

- Choose a container to use- can be a jar, can, box, etc. that has an opening at the top.
- Decorate the container however you'd like.
- Cut pieces of paper, etc. (can also use popsicle sticks) and write down one random act of kindness on each piece of paper. Fold all of the papers in the jar.
- Each day (or any timeframe you choose), each member of your family picks a paper out of the jar. This is the act of kindness they can do that day. At dinner, etc., have everyone share what their act of kindness was and what they did. This is also a great opportunity to talk about how it made them feel when they performed the act of kindness, how it made the recipient feel, etc.

