



# Kindness Club



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# Introduction



This effort was initially developed with the goal of establishing Kindness Clubs that would meet every week of the year at nursing homes, senior center and assisted living facilities. It was supposed to be propriety and only used by facilities that paid or donated to use it. However, with COVID-19 and the Coronavirus pandemic we have decided to post it here and on social media and to disseminate it for free. We still encourage those serving seniors as well as others to use this content to establish new Kindness Clubs that meet weekly throughout the year.

The booklet includes a broad range of activities which encourage participants to actively spread kindness wherever they go. These activities have been designed to inspire real-life action and demonstrate the many ways to be kind.

The importance of kindness cannot be overstated:

- Kindness is a value that strengthens our relationships with others and promotes empathy and compassion.
- Kindness benefits both the recipients and the givers.
- We feel happier when we help others.
- Kindness begets kindness. A single act of kindness can create a ripple effect that spreads outward and affects many more people than initially intended.

While we give to give, not receive, seniors will enjoy tangible benefits from engaging in these activities. The social dimension will help seniors maintain relationships; the underlying benevolence will sustain the seniors' sense of worth as valued members of society; and the thought-provoking discussion prompts will provide cognitive stimulation and learning to enhance seniors' lives.

I would like to thank Shira Hammerman, Rena Ray and Talia Rapps for their help and efforts to bring this to fruition.

We should always aspire to be actively kind to others so that doing so becomes instinctive and habitual. Kindness does not necessarily demand hard work and is achievable when we all work together. We all have the power to make a difference in our communities that profoundly impact others and our world in powerful ways!

**Daniel Rothner**  
*Founder & Director*

# Kindness Rocks Garden

## Goals:

- To inspire others and spread kindness and positivity throughout the world
- To improve the outlook of someone else's day



## Supplies:

Flat smooth river rocks or stones

Non-toxic multi-surface spray/paint

Foam brushes

Oil base paint pens  
(Sharpie paint pens)

Non-toxic outdoor clear sealant

## Directions:

Buy flat, smooth river rocks or stones from the local craft store or garden center.

Use foam brushes to spray or paint the rocks with non-toxic spray/paint. This will prepare the rock surface for your artwork and seal the rock so the paint pens will last longer.

Search Instagram, Pinterest or Brainy Quotes for inspiring quotes or create your own.

Use oil-based paint pens to create your artwork.

Coat your artwork with an outdoor sealant that is non-toxic and clear.

## Discussion Questions

- What does kindness mean to you?
- How do you feel when someone is kind to you?
- Where do you see people being kind most often?
- What are acts of kindness that we often do for one another in our day-to-day lives?
- How do you feel when someone is unkind to you? How do you think others feel when you are unkind to them?
- What can we do to bring even more kindness to the world? What are different ways in which we can be kind to our family and friends?
- What are three acts of kindness you could do this week?

## Summary

Kindness begets kindness. What we do for others often comes back to us in one form or another. Acts of kindness have a boomerang effect and are pleasantly contagious. Being at the receiving end or observing a thoughtful gesture can create a chain reaction.

# Menorah

## Goals:

- To commemorate God's miracles
- To spread the light of God throughout the world – Pirsumei D'Nisa
- To open our eyes to the miracles around us



## Supplies:

A large rectangular tile

Glass mosaic tiles

Hex nuts or bells pried open to hold the candles

Mosaic glue

Hot glue gun (if using bells)

Super glue (if using hex nuts)

Chanukah candles

## Directions:

Glue down 8 colorful mosaic tiles across the large rectangular tile (plus one for the shamash) using mosaic glue.

Glue down the hex nuts or bells on the colorful mosaic tiles.

If using bells as candle holders, use hot glue gun and if using hex nuts as candle holders, dab super glue on the corners of the bolt and stick down.

Share the story of Chanukah:

In the second century BCE, the Holy Land was reigned by the Syrian-Greeks. They tried to force the people of Israel to adopt Greek culture and beliefs instead of mitzvah observance and belief in God. Against all odds, a small band of faithful but poorly armed Jews, led by Judah the Maccabee, defeated one of the strongest armies on earth, drove the Greeks from the land, reclaimed the Holy Temple in Jerusalem and rededicated the Temple to the service of God. When they lit the Temple's menorah, they found only a single cruse of olive oil that had not been contaminated by the Greeks. Miraculously, the one-day supply of oil lasted for eight days. The festival of Chanukah was established to commemorate and publicize this story.

## Discussion Questions

- What was the miracle of Chanukah?
- God makes miracles every day. What are examples of modern-day miracles?
- What are examples of miracles you have experienced in your personal lives?

## Summary

We often expect something extremely out of the ordinary to happen for us to consider it a miracle. We are so focused on the criteria that makes something a miracle that we miss the little miracles happening around us. Miracles happen every day. Every moment is a miracle. If we can open our eyes, we will be able to see them.



# Family Tree

## Goals:

- To share family history
- To appreciate different kinds of families



## Supplies:

Leaves for each family member

Glue

Pen

White sticky labels

3 large pieces of brown paper

## Directions:

Collect different colored leaves from outside.

Make a brown paper tree with enough branches for your family.

Write down the names of your family members on the labels. Stick one label on each leaf.

Stick your own leaf at the bottom of the tree.

## Discussion Questions

- What does family mean to you?
- What do you know about your family surname?
- How many generations back can you trace your family?
- What is unique about your family?
- What accomplishment of your family are you most proud of?
- Of all the lessons learned from your parents, which do you feel was the most valuable?
- Of all the lessons learned from your children, which do you feel was the most valuable?
- What is one piece of advice you wish to share with future generations?

## Summary

Family provides love, support and a framework of values to each of its members. Family members teach one another, care for one another and share life's joys and sorrows. Families provide a setting for personal growth and act as role models in how to act throughout life. Our families teach us the values of love, affection, care, truthfulness and self-confidence. They provide us tools to succeed in life. We would not be the people we are today without the support and guidance from our families. We must always appreciate our families as they have our best interests at heart.

# Decorative Clock

## Goals:

- To understand the value of time
- To improve our time management skills in order to utilize our time most effectively



## Supplies:

Wood clock face  
(Craft or hardware store)

Battery powered clock kit

Acrylic paint

Paint brush

## Directions:

Paint the clock in your chosen color. It will need at least two coats, ideally three for a good depth of color as plywood is very absorbent. Let clock dry.

Attach your battery powered clock kit as per the instructions and attach a battery.

Hang your homemade decorative wall clock in your favorite place.

## Discussion Questions

- Read the poem below titled "The Value of Time" below.
- How do we measure time?
- How do you structure your day?
- How could you use your time more effectively?
- Do you spend enough time with your family and friends?
- What can we do to ensure that we value each minute of our time?
- If you could turn the clocks back, what would you change?

## Summary

Time is a very valuable gift since when it is past, it cannot be recovered. When you give someone your time, you are giving them a portion of your life that you will never get back. Your time is your life. Use it wisely. "Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it's called the present!" Carpe Diem!



# Decorative Clock



## The Value of Time

Imagine there is a bank that credits your account  
each morning with \$86,400.

It carries over no balance from day to day.

Every evening deletes whatever part of the balance  
you failed to use during the day.

What would you do? Draw out every cent, of course!

Each of us has such a bank. It's name is TIME.

Every morning, it credits you with 86,400 seconds.

Every night it writes off, as lost, whatever of this  
you have failed to invest to good purpose.

It carries over no balance.

It allows no overdraft.

Each day it opens a new account for you.

Each night it burns the remains of the day.

If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against  
the "tomorrow".

You must live in the present on today's deposits.

Invest it so as to get from it the utmost in health,  
happiness and success!

The clock is running. Make the most of today.

To realize the value of ONE YEAR, ask a student  
*who failed a grade.*

To realize the value of ONE MONTH, ask a mother  
*who gave birth to a pre-mature baby.*

To realize the value of ONE WEEK,  
*ask the editor of a weekly newspaper.*

To realize the value of ONE DAY,  
*ask a daily wage laborer with kids to feed.*

To realize the value of ONE HOUR,  
*ask the lovers who are waiting to meet.*

To realize the value of ONE MINUTE,  
*ask a person who missed the train.*

To realize the value of ONE SECOND,  
*ask a person who just avoided an accident.*

To realize the value of ONE MILLI-SECOND, ask  
*the person who won a silver medal in the Olympics.*

Treasure every moment that you have! And treasure  
it more because you shared it with someone special,  
special enough to spend your time.

And remember that time waits for no one.

Yesterday is history.

Tomorrow a mystery.

Today is a gift.

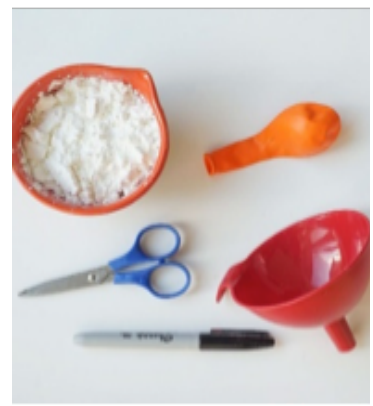
That's why it's called the present!

[www.marliescohen.com](http://www.marliescohen.com)

# Stress Balls

## Goals:

- To identify the effects of stress
- To control and reduce stress to maintain a healthy lifestyle



## Supplies:

Three balloons  
per participant

Several bags of rice  
or flour for filling

Funnel

Scissors

## Directions:

Stretch out your balloon (Blow it up for some extra stretch!). Put a funnel into the neck of the balloon. Gradually fill the balloon with rice or flour. Pour carefully to avoid blocking the neck of the balloon. To prevent clogging, use a pen or pencil to clear the opening.

Remove the funnel from the balloon and release as much air as you can. To release the air, pinch near the neck and separate your finger and thumb slightly. If the opening is too wide flour can spill. Tie the neck of the balloon closed tightly. Cut off any excess rubber.

Grab the second and third balloon and snip off the ends, leaving enough to tie. Tie the end tightly.

## Discussion Questions

- What is stress?
- Are there situations in your life that you find stressful?
- How do you recognize stress in your life?
- How does stress affect you and your physical and emotional health?
- How do you relieve stress?
- Have you ever helped someone who was feeling stressed? What did you do to help them?

## Summary

We all react differently to stressful situations. What is stressful to one person may not be stressful to another. Some people cope with stress more effectively and recover from stressful events more quickly than others. Almost anything can cause stress. People deal with stress in many different ways. Several examples include talking to family and friends, breathing and relaxation techniques, a healthy balanced diet, exercising, finding our own de-stressor and establishing support networks. It is important that we manage our stress levels to maintain a healthy lifestyle. We need to be kind to ourselves by looking after ourselves both physically and emotionally.

# Earth Day Craft

## Goals:

- To understand the importance of doing our part to look after the earth



## Supplies:

Cardboard

Magazines or tissue paper

Circular shaped cardboard cutout

Map of the world

Pencils

Glue

## Directions:

Cut out a piece of cardboard for your background (12-inches by 14-inches). Cut out a circle of cardboard that is about 10-inches in diameter. Use a pencil to draw part of the world onto your circle freehand.

Look through old magazines and tear out pages that have lots of black, green and blue on them. Alternatively, use black, green, and blue tissue paper.

Trace your circle earth onto your cardboard background and then remove it.

Tear little pieces of the black colored magazine pages and glue them around the cardboard backing. Leave the circle empty in the middle to put your earth on.

Line up the blue pieces around the countries. After outlining the countries with the blue torn magazine pages, add glue in the rest of the water areas and finish putting the water pieces in place. Do the same process for adding the green land pieces and finish filling in the Earth. Trim around the Earth to cut off any pieces hanging off the ends.

## Discussion Questions

Earth Day is celebrated annually on April 22nd. Events are held worldwide to show support for environmental protection. It was first celebrated in 1970 and is now celebrated in more than 192 countries each year.

- What are some examples of environmental problems that exist?
- What do you currently do to look after the earth?
- What have you done in the past to look after the earth?
- Why is it crucial to look after the world we live in?
- What are different ways to celebrate Earth Day?
- How do we make everyday Earth Day?

## Summary

Earth Day is a great opportunity to talk about the importance of protecting our earth. Taking care of the earth is important to our well-being because a clean environment is essential for healthy living. Future generations may face problems caused by us. We need to appreciate, respect and take care of the world we live in. Nature gives us so many things for free. It gives us clean air, clean water, beautiful landscapes and breathtaking views. We need to conserve energy, recycle and keep our streets clean every day. No matter how insignificant our actions seem in the bigger picture, we need to realize that they do make a difference!

# Rainbow Sand Jars

## Goals:

- To creatively promote conversation about emotions
- To brainstorm what makes us feel happy and different ways we can make others feel happy
- To understand that being kind is not only beneficial to others but to ourselves as well



## Supplies:

Pre-colored sand or  
regular sand and  
food coloring

Clear bottles with tops

Funnel

Craft glue

Spoon

Wooden Skewer

## Directions:

Select bottles of any size or shape to make your sand art project. Use empty bottles and jars from the kitchen or purchase bottles at craft stores.

If making your own colored sand, put the sand into bowls or other containers and add food coloring. You can mix colors to create unique shades or one color. Mix the sand well and let it dry before creating your sand art.

Pour one layer of sand at a time into your bottle. You may pour the sand directly from the bag if you bought the colored sands or use a funnel if you made your own. Hold your bottle at an angle to create a diagonal layer and slowly pour in the layers.

Alternatively: Create your own layered design. The options for colors and designs are endless.

Once you have finished the sand layers put a thin layer of glue around the inside edge of the bottle or jar and the bottle cap. Then screw it or snap it tightly and wipe off any glue that squeezes out.

## Discussion Questions

- How do colors affect our emotions?
- How does it make you feel when you see the bright colors in the sand jars?
- What are different acts of kindness that you can do to add color to the lives of those around you?
- How does it make you feel when you are kind to others? How do you benefit from being kind to others?

## Summary

This activity inspires participants to connect with their emotions and to focus on looking on the bright side of life. We need to remember that tomorrow is a new day to start over fresh. We should not dwell in the past and think about what could have been. We should not worry about what others are thinking or make decisions based on others. Life feels so much better when we have a positive outlook. When we are feeling optimistic, we will start to feel better both physically and emotionally. When those around us see that we are happy and motivated, it can push them to feel the same way. Life is too short. We must not take it for granted. It is important to make the most of every day because we never know what tomorrow may bring. Carpe Diem! When we feel cheerful and happy, we are motivated to help others feel this way. In a world where you can be anything, be kind. Everyone needs to do their part to light up the world with kindness.



# Decorate a Mirror

## Goals:

- To improve ourselves by reflecting on our strengths, weaknesses, and prior actions
- To identify ways to use our unique qualities, skills and achievements to better the world



## Supplies:

Handheld plastic mirror

Glue (Tacky glue or glue dots work best; hot glue works as well)

Glitter glue

Ribbon

Decorative materials (pompoms with sparkles, pony beads, buttons, sequins or feathers)

## Directions:

Place glue along the outside frame of the mirror and add decorative materials including pompoms, beads and glitter glue in whatever pattern you prefer.

Cut a 2 to 3-foot long piece of ribbon, long enough to wrap around the entire handle.

Once the top of your mirror and your decorative materials are dry, put a dab of glue in the center of your ribbon, secure it to the handle, and wrap your ribbon around.

Tie off the ends together in a knot when you get to the bottom of the handle. You can cut 7-8 more 5-inch pieces of ribbon and tie them off in knots to create a frilly finish.

## Discussion Questions

- When you look in the mirror what do you see?
- What are your strengths and weaknesses?
- What can you do to improve yourself?
- What makes you stand out from others?
- What are some unique qualities and skills you possess that enable you to make a difference in the world?

## Summary

As Mahatma Ghandi once said, "Be the change you wish to see in the world." Each of us is created in the image of God and possess a divine spark. We need to use our unique skills and talents given to us by God to make the world a better place.

# Diversity Hand Collage

## Goals:

- To promote diversity and acceptance of other cultures
- To discuss our heritage, culture and community



## Supplies:

Paper

Pencil

Eraser

Pen

Markers

Hand

Board to display the hands

## Directions:

Trace your hand on the paper with a pencil. Color in the hand and decorate with designs.

Cut out the hand.

Write your name on your hand with a marker.

Stick your hand on the board along with the hands of other participants.

## Discussion Questions

- What is diversity?
- How might we promote cultural diversity and why is it important to do so?
- How is your community diverse from others?
- What can we do to promote diversity where we live?
- How is diversity shown in our group?

## Summary

Cultural diversity is important as our country, workplaces and local neighborhoods increasingly bring together a range of cultural, racial, and ethnic groups. We promote cultural diversity by acknowledging differences, asking questions, and getting to know others. In doing so, we build bridges of trust, respect and understanding and improve productivity, creativity, and cooperation. We are able to develop our skills by learning from others and become well-rounded individuals. It is important to remember that we all have something unique to offer to society to make the world a better place! We need to embrace our differences!



# Plant a Desert Garden

## Goals:

- To reflect on our personal growth and development



## Supplies:

Succulents (plants with fleshy leaves and stems that store water, such as cacti)

Container (about 3 inches deep)

Gravel

Compost

Decorative stones

Watering can

Trowel

## Directions:

Use the trowel to fill the container halfway, first with a thin layer of gravel and then with a layer of compost.

Decide how you want to arrange the plants before you take them out of their pots.

Remove the plants from their pots and plant them in the compost. Place decorative stones around them. Water the plants lightly.

Place your desert in a sunny window. These plants like to dry out and then be well-watered, so check that they are dry before you water them.

## Discussion Questions

- What is growth? How can it be physical, spiritual and emotional?
- What do plants require to grow and develop? How is that similar or different to what humans require to grow and develop?
- How have you personally grown and developed in recent years?
- Why is it important to take responsibility for our growth, development and lives?

## Summary

Personal growth is an ongoing process of understanding and development in order to achieve and exceed our fullest potential. Personal responsibility is a key component in our maturity, success and happiness and the foundation of emotional, physical and intellectual health. The most important aspect of taking responsibility for our lives is to acknowledge that our lives are our responsibilities. Each event in our lives is the result of choices we have made and continue to make. Personal responsibility gives us an opportunity to develop and nurture meaningful relationships that are based on trust. By being responsible, we set a great example for others to follow.

# Picture Frame

## Goals:

- To recognize a personal role model
- To identify the characteristics of role models
- To become an inspirational role model to others



## Supplies:

Popsicle sticks

Markers, colored pencils  
and paint

Glue

Decorative materials  
(wooden shapes, beads,  
colored paper, buttons,  
ribbon etc.)

Magnet

Wallet-size photo of your  
chosen role model

Paper

Pens

## Directions:

Decorate popsicle sticks. Six or seven large popsicle sticks are recommended; however you may also use smaller sticks. Decorate them with markers, colored pencils or paint.

Glue the popsicle sticks together to form your frame. Lay two sticks down vertically, about five inches apart, and glue a decorated stick horizontally across the top. Glue the next decorated stick adjacent to the first, being careful not to let any glue show through the crack. Continue until the two vertical sticks are completely hidden by the decorated sticks.

Decorate the frame. Glue wooden shapes, beads, paper, buttons, ribbon or anything else you like to the front of the frame.

Attach your pictures. Using a wallet-sized photo leaves room for more decoration, making both the picture and the frame look good. Use glue, tape, or a push pin to attach your pictures to the frame.

Add a magnet to the back. Glue a strong magnet to the back of the frame, centered horizontally.

Share why you are inspired by your chosen role model.

## Discussion Questions

- Why is it important to have a role model?
- What are the characteristics of an inspirational role model?
- Whose photo did you choose to put in the picture frame and why?
- Are you more inspired by famous role models (sports players, actors, scientists, rabbis, celebrities) or personal role models? Why?
- To what extent are you a role model to others? How can you become more of an inspiration to those around you?

## Summary

It is important to have positive role models in our lives to guide our actions and encourage us to reach our potentials. Many look up to relatives, friends, co-workers, religious leaders and teachers to shape their identities and behaviors. Others look up to celebrities such as athletes, entertainers and characters from books and movies. We can become role models to others by modeling positive behaviors and providing opportunities for growth to those around us.

# Music Shakers

## Goals:

- To explore how music affects emotions
- To use music to help others



## Supplies:

Containers (e.g. plastic, tin, glass, wood, etc.)

Dry food that makes noise when shaken (e.g. rice, lentils, beans, popcorn kernels)

Decorations such as colored wrapping paper, stickers, glitter, paint, etc.

## Directions:

Find any dry food around the kitchen that makes noise when shaken such as dried beans, lentils, rice or popcorn kernels.

Find different sized shakers. A soup container, a tin can and an old glass jar would make for good shakers.

Decorate your shaker. Be creative by adding stickers, glitter, wrapping paper and lots of color.

Experiment with different sounds. Mix and match your contents and make comparisons between the sounds of the plastic, tin and glass shakers.

## Discussion Questions

- How do you feel when you listen to music?
- Who is your favorite singer or band? What is your preferred genre of music?
- How could we incorporate music to do acts of kindness? Have you ever been part of a choir? Have you participated in a benefit concert to support a local charity? Have you played music for patients in a hospital? Do you appreciate when children and professional singers prepare performances for you?

## Summary

Music can be used as a tool to better ourselves and to help others. Listening to music impacts our mood. It can make us happier or calmer and, therefore, more willing and able to expend energy and time to help others. When we share our music with others, we create connections and spread its positive impact even further.

# Sharpie Kindness Mug

## Goals:

- To discuss and share inspirational quotes
- To inspire others and spread kindness and positivity throughout the world
- To improve the outlook of someone else's day



## Supplies:

White cup or mug

Sharpie paint markers  
(oil based)

Paper and pencil

Access to an oven

## Directions:

Practice your artwork on a piece of paper before drawing on the mug. Pick a meaningful quote or a cute graphic to decorate the mug.

For long-lasting results, choose oil-based Sharpie paint markers. You can stay simple and choose one color or use multiple. Black is usually a good choice, given its striking contrast to the white background of the mug.

Let your mug dry for a few hours or overnight.

Bake the mug in the oven for 30 minutes at 350°F. Remember to place the mug in the oven before it heats up and leave it in until the oven cools completely so there won't be any cracks. You can choose to bake the mug twice to really set in the Sharpie drawings.

Handwash the mug gently.

## Discussion Questions

- What are some quotes that have inspired you? Which is your favorite?
- How can we inspire others?
- How have you personally inspired someone and how do you think it made them feel?

## Summary

To be inspirational is to lead by example and to encourage others to feel that there is something worthwhile to do and become. There are so many simple ways to inspire others and change lives. The ability to inspire others is an important skill, one that will help you achieve success.

# Make Your Own Flag

## Goals:

- To develop a sense of identity and a personal connection to one's geographic and historical roots
- To reflect on the contributions and achievements of different countries and cultures



## Supplies:

White paper

Construction paper

Scissors

Glue or double stick tape

Markers

Pencils

## Directions:

On a white piece of paper, draw a) the American flag and b) the flag of the country where you were born.

Color in your flags using markers. Cut out your flags.

Draw flag poles on the construction paper and glue or tape on the flags.

On another white piece of paper, write a brief reflection on the significance of these two flags. Cut out the reflections and stick them on the construction paper under the flags.

## Discussion Questions

- What do your flags represent?
- What about the country where you were born and the country where you now live makes you proud? What are some of their biggest achievements? What have they done to help their citizens? What have they done to help other countries?
- Which countries are known for helping other countries in times of difficulty such as conflicts, wars and natural disasters? What more can America do to help other countries?

## Summary

It is important to connect to our roots. As quoted by Maya Angelou, "If you don't know where you've come from, you don't know where you're going." Countries all around the world have performed acts of kindness for their citizens and other countries throughout history. It is important to acknowledge and reflect upon these acts of kindness and to work with other countries to make the world a better place.

# Friendship Bracelets

## Goals:

- To discuss the value of friendship
- To identify what characteristics and actions are important in a friend



## Supplies:

Beads

Letter Beads

Stretchy bead cord  
(.5mm stretchy string)

Jewelry adhesive  
(optional)

## Directions:

Decide on the words and phrases you want to use for each bracelet. (Make sure you have enough letters for all the words you want to do. Examples of words include: Smile, Be Happy, Be Kind, Hope, Dream Big, Peace, Thankful, Blessed, Joy etc.)

Cut your string to the size you need. As you are using stretchy string, you have a bit of wiggle room. Use your wrist as guide. Cut enough string to also tie your knot at the end.

Tape down one end of your string. This will make it easier to string the beads.

You can do a color pattern or use random bead colors.

Once you finish making your bracelet, you need to tie a knot. Tie 3-4 knots to secure each bracelet, pulling on your string after each knot. Trim the ends.

To make sure your bracelet is extra secure, take some beading adhesive or super glue and put a small dot of glue on your knot. Pull the knot away from any beads before applying any glue. Keep pulling the knot away from any beads until the glue dries.

## Discussion Questions

- What does friendship mean to you?
- What characteristics are important in a friend? What is the recipe for a good friend?
- Do you have any childhood friendships that are still strong today? How do you maintain a good friendship?
- How are your friendships different now than they were when you were a child? Do you have any long-distance friends? How do you make new friends?
- What can you do to include others in your friendship circle?
- Why is friendship important?
- How do you help your friends?
- How does friendship bring us happiness?

## Summary

Friendships enrich your life and improve your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give us a chance to offer needed companionship, too. Friends take care of one another. Our friends enable us to feel a sense of belonging and make difficult challenges seem less daunting. Friends make us laugh and put smiles on our faces. Friends improve every facet of our lives and we must never take them for granted.



# Tzedakah Box

## Goals:

- To set aside a place to collect tzedakah (charity)
- To understand that giving tzedakah is an important Jewish fundamental value



## Supplies:

Unfinished wooden  
tzedakah box

Craft paint or wood paint

Paint brush

Plastic plates

Glue

Markers and sequins  
(optional)

Newspaper

## Directions:

Decorate the wooden tzedakah box with either paint, markers or sequins.

Place the tzedakah box on newspaper to dry.

## Discussion Questions

- What is tzedakah?
- Why is it important to give tzedakah?
- What are some examples of different organizations that collect tzedakah?
- Why are different types of tzedakah activities you do? (e.g. give money, donate food, help someone find a job)
- What types of tzedakah activities would you like to do in the future?

## Summary

The word tzedakah is often translated as charity but actually comes from the Hebrew word that means "justice." The true meaning of tzedakah implies obligation, a moral responsibility to take care of others in our community who are suffering financially. It is our moral and religious obligation to do so. When a person gives charity, he is giving up something in which he invested his whole self. Tzedakah is a deep intrinsic value embedded in the fabric of who we are as people. We should all work on giving tzedakah and research different organizations to which we feel a personal connection in order to make the mitzvah more meaningful.

# Personalized Bookmark

## Goals:

- To brainstorm how to “make your mark” in the world by transforming the world in a positive way
- To act on our dreams and bring them to fruition



## Supplies:

Cardstock paper  
Decorative paper  
Scissors  
Glue  
Markers and pens  
Decorative materials such as stickers and glitter  
Collage of images from magazines  
Wide packing tape

## Directions:

Select cardstock paper to act as the support for bookmark. Cut the cardstock to the size you want. Consider a traditional size measuring 2 to 3 inches wide or a small, less obtrusive bookmark only an inch long.

Choose images or patterns to glue over the top. Consider using images from magazines or a collage of other papers. Cut your decorative paper or selected images and glue them onto the cardstock. Add glitter or stickers to decorate. Draw over your bookmark with markers or pens to add words, phrases, quotes, or images.

In order to protect the paper, add a protective covering of packing tape or laminate.

## Discussion Questions

- How do you plan on making your mark in this world?
- How do you give your life meaning and purpose?
- What can you do to help those around you leave their marks?
- Why is it important to focus on the growth and development of other people in addition to our own?

## Summary

Success is never an overnight experience. It takes an intensive degree of focus on things that matter more to you than anything else in the world. To make a real impact in the world, you need to be creative in finding your “unique spark” and in finding ways for others to leave their marks, so they too can reach their highest potential.

# Decorate Seashells

## Goals:

- To judge people favorably
- To realize that beauty does not come from outward adornment



## Supplies:

Liquid watercolor or food coloring

Small paintbrushes

Cups

Clean shells

Smock

Newspaper

## Directions:

Provide a smock, paintbrush, shells and cups of watercolors to each participant.

Squeeze a few drops of liquid food coloring into a cup and add some water to dilute it. Feel free to use as many colors as you like. If you don't have liquid watercolors, try using traditional watercolor paints. Be creative designing and painting your shells.

Place the shells on a piece of newspaper to dry.

## Discussion Questions

- How did your decorations change the shell's external appearance? Did they change the shell itself?
- What can we learn from the expression "Do not judge a book by its cover"? Why is a person's personality and behavior more important than their external "shell"?
- How does the decorating shells activity connect with our discussion? Why is it important to be a genuine and honest person? How can we become loyal people?

## Summary

Our world is filled with people who focus more on what people look like on the outside than who they are inside. In this world where superficial beauty supersedes inner beauty, it is hard to believe that real beauty can be on the inside. We need to remember that it's what's inside that counts. Everyone is beautiful and should let their inner beauty shine through.

# Sock Puppets

## Goals:

- To add creativity and humor to our lives and the lives of others



## Supplies:

Clean sock  
(i.e. knee sock)

Marker

Hot glue gun, fabric glue  
or tacky glue

Decorative materials  
(i.e. buttons, pompoms  
and googly eyes)

## Directions:

Put the sock on your hand. Make two dots above the seam of the sock for the placement of the eyes. If you want your puppet to have a nose, make a dot for that as well.

Spread the sock flat on the table. Glue eyes and eyelashes onto the sock using a hot glue gun, fabric glue, or tacky glue. You can use buttons, pompoms, or googly eyes. You can also draw the eyes on with a marker.

Glue a small pompom just above the seam for the nose. You can also cut a triangle or circle out of felt or use a button. You may wish to draw the nose on.

Add some other decorations (e.g. yarn for hair).

## Discussion Questions

- What do puppets add to our lives? What makes them entertaining?
- How do you add humor to other people's lives?
- How can we use humor to make the world a better place? What acts of kindness could you do that incorporate entertainment and humor? (i.e. medical clowns)

## Summary

Humor can have a significant positive effect on one's life and can be used to make others feel good. Humorous activities result in increased feelings of emotional well-being, optimism and greater inspiration. There are so many different ways in which we can use humor to make the world a better place (i.e. cheering up the elderly and sick patients).

# Superhero Mask

## Goals:

- To understand that every person has the ability to be a superhero who helps others



## Supplies:

Cardstock

Crayons, markers or colored pencils

Scissors

White glue and/or glue gun

Elastic string

Decorative materials  
(feathers, glitter glue, sequins, ribbons, etc.)

Hole puncher

## Directions:

Draw a mask template on a piece of paper. (Feel free to trace a mask template.)

Color the mask using crayons, markers or colored pencils.

Cut the mask including the eye holes.

Decorate mask with decorative material of your choice.

Punch holes on both sides of the mask and attach an elastic string.

## Discussion Questions

- What is a superhero?
- Who is your favorite superhero and why? What makes them special?
- Do you need to be famous to be a superhero?
- Give examples of everyday superheroes

## Summary

You do not have to be famous to be a hero. Heroes aren't restricted to the pages of comics or Hollywood screens. A hero is someone who changes the world for the better and has a passion to help those less fortunate. A hero is someone who inspires others to do good deeds and helps make a difference. Heroes are selfless and are found everywhere. v

# Salad Tongs

## Goals:

- To define teamwork and appreciate its usefulness
- To brainstorm ways to help others using teamwork



## Supplies:

Wood or bamboo salad tongs

Masking tape

Acrylic paint

Disposable plates

Nontoxic sealant (shellac)

## Directions:

Lightly sand the handles of a pair of wood or bamboo salad servers, then rinse and dry them.

Place a ring of masking tape midway down each handle.

Pour a few colors of acrylic paint onto a disposable plate. Dip a finger into the paint, then make dots on the handles. Let the paint dry before adding overlapping dots.

Remove the tape. After the paint is completely dry, coat the handles with a nontoxic sealant, such as shellac.

## Discussion Questions

- What is the function of salad servers? Why do they come in pairs?
- Why do we often work better in a team or group? Are you motivated by working with others?
- How can we work together to make a difference and to help others?
- What are some examples of acts of kindness that can be done as a team?

## Summary

Working together fosters collaboration, friendship and loyalty. More ideas develop and productivity and problem solving improve. If a group works together on a charity event, they are able to learn from one and discover new approaches to tasks. Together everyone achieves more.



# Compliment Candy Jar

## Goals:

- To encourage people to think of the feelings of others
- To discuss that it feels good to make others feel good



## Supplies:

Empty glass jar (any size)

Wrapped candy

Pens

Paper

Strips of decorative paper

Washi tape

Glue

Ribbon

## Directions:

On the back of strips of decorative paper, write a special message for the recipient.

Wrap the strips around mini candy bars and secure them with tape.

Decorate the lid with decorative paper. Secure the decorative paper down with washi tape and glue.

Use ribbon to attach a card stock tag labelled "Complimentary chocolates."

## Discussion Questions

- What is a compliment?
- What are some examples of compliments? (skills, talents, personality, appearance)
- Why do we compliment people? How do compliments make people feel?
- What was the last compliment you received?

## Summary

A genuine compliment boosts one's morale. Compliments are so easy to give and take just a few seconds. Compliments make other people feel good and make others want to be around you. Giving compliments is a form of leadership as people enjoy being around positive people and will be more likely to follow their example. Greater appreciation leads to improved communication and stronger relationships. Compliments do not just make others feel great; rather, the more we compliment others, the better we feel.

# Placemats

## Goals:

- To highlight hunger as an important challenge to overcome
- To brainstorm ways that we can help those who are hungry



## Supplies:

Construction paper or Bristol board

Scissors

Glue

Markers

Old magazines, catalogues or photographs

Clear packing tape or laminating machine

## Directions:

Cut the construction paper or Bristol board into rectangles approximately 23 x 17 inches. The placemats can be any color you like.

Look through the magazines and catalogues and cut out pictures you would like to use to decorate your placemat. You may also use photographs. Glue decorations on both sides of the Bristol board placement.

Laminate or use clear packing tape to cover both sides. Use scissors to round off the corners.

## Discussion Questions

- What is hunger and where do we most typically see it? What are the root causes of hunger and poverty? What can we do to prevent them? Do you ever think of those less fortunate when you sit down to eat?
- How can we work with our community to do our part in helping those less fortunate (i.e. soup kitchens food drives)?
- What have you done to help those who are hungry? How did that make you feel?
- Why is it important to help those in need? Do you think we have the power to make a difference?

## Summary

Food poverty is the inability to afford or access food that makes up a healthy diet. It is not just about hunger, but also about being properly nourished to attain and maintain health. It is impossible to ignore the poverty around us. It is so simple to help those less fortunate. You can volunteer by either organizing a food drive or by helping serve meals at a shelter. The knowledge that you are helping others by donating to those less fortunate is empowering and will make you feel happier and more fulfilled.

# Snow Globes

## Goals:

- To brainstorm how we can add a touch to magic to the lives of those less fortunate this winter



## Supplies:

Small glass jar  
Plastic figurine or Lego  
Glycerin (makes glitter float easier)  
Glitter  
Sequins  
Water  
Spoon  
Superglue or a hot glue gun

## Directions:

Choose a plastic figurine or Lego piece to use in your snow globe.

Put glue on the inside of the jar's lid. Place and stick the plastic figurine on it.

Fill the jar with cold water. Add 1-2 teaspoons of colorful glitter and stir. Add a few drops of glycerin.

Screw the lid on the jar. Shake the jar or tip it upside down to make it snow.

## Discussion Questions

- What about the snow globe seems magical when you shake it?
- How could you make your life more magical? (Help others, set goals, dream big, step outside of our comfort zones) How can you make others' lives more magical?
- What comes to mind when you think of snow? What is your favorite thing about snow?
- Why is snowy weather an important time to help those less fortunate? How can you accomplish this (clothing drives, donate blankets, volunteer at a soup kitchen)?

## Summary

We can help magic unfold in our everyday lives by trying new experiences outside of our comfort zones and infusing our lives with love and acts of kindness. In the words of Gandhi: "The best way to find yourself is to lose yourself in the service of others." Giving to others teaches us to find compassion within ourselves and to uphold values that are linked to the common good. Next time you are going through your closet, fill a bag with clothes you no longer wear and donate them to charity.

# Recycling Bin

## Goals:

- To encourage recycling in order to preserve our planet



## Supplies:

Cardboard box

Colored duct tape

Scissors

Markers

Decorative material  
(Patterned masking tape  
or stickers, optional)

## Directions:

Use your colored duct tape to cover the outside of your box. Add a second layer of duct tape to secure your box.

Use your imagination to decorate the box using patterned masking tape, markers and stickers.

Gather recyclable items to put in your recycling bin.

## Discussion Questions

- What is recycling and how does recycling help the environment?
- Where does our rubbish go? How can we reduce the amount of rubbish we make?
- What items of household waste can be recycled?
- How will you make a difference to the environment?

## Summary

Reduce, reuse and recycle are the guidelines for sustainable life. Recycling reduces the need to process raw materials and reduces air and water pollution. As recycling saves energy, it also reduces greenhouse gas emissions, which help to tackle climate change. Recyclable materials can be separated so easily from general household waste and collected by community waste management services. Materials made from glass, metal, paper and some plastics can be recycled and made into new materials. It is important to remember that putting items in the recycling bin that can't be recycled can contaminate the recycling stream. Glass, cardboard, paper and metal are washed and sorted at recycling centers, ready to be processed into new materials. Do your part to preserve our planet by using your new recycling bins. It is that easy.

# Paper Chains

## Goals:

- To build communication and collaboration
- To understand the importance of cooperating and listening to others



## Supplies:

Colored construction paper

Scissors

Glue or tape

## Directions:

Divide the participants into groups of 3 or 4. Explain that they will be making paper chains. Have participants predict how long their chains will be.

Cut the construction paper into strips.

Take one paper strip and tape or glue the ends together to make a loop. Demonstrate how to thread a second strip through the first and tape it to make a second loop. Keep adding loops to make the chain as long as you want.

When the chain is finished, hang it up with tape.

## Discussion Questions

- What does it mean to collaborate and cooperate with one another? What are the benefits of sharing and collaborating? What motivates you to collaborate with others?
- What is essential for productive teamwork?
- Why was it important in this activity to communicate and listen to one another? How is communication important in other areas of life?
- How does it make you feel when you know others are listening to what you are saying? Why do we feel frustrated when we are ignored?

## Summary

Creating a paper chain is a lot of work for one person, but working as a team makes the process more efficient. In this activity, collaboration and open communication were key. Listening to others enables us to build meaningful relationships with those around us. In order to be productive and help others, we need to show respect and value for the skills, creativity and contributions of others. We should never underestimate the value in acknowledging the feelings, concerns, opinions and ideas of others.

# Chalk Board

## Goals:

- To understand that not everything is “black and white”
- To break down barriers and judge others favorably



## Supplies:

Plyboard to paint on  
(large size)

Latex paint, any color

Unsanded tile grout

Mixing containers

Smooth sandpaper  
(optional)

Primer

Paint brush and rubbing  
cloth

Chalk

## Directions:

Dust off your surface and make sure it is smooth. Sand it down if needed.

Pour 1 cup of paint into a container and slowly stir in 2 tablespoons of unsanded tile grout. Break up the lumps. Paint the surface of the board.

Once the board has dried (after roughly 20 minutes) prime the surface before drawing on it. Smooth the area with sandpaper and wipe off the dust.

Take the side of a chalk and rub the entire board. Grab a dry cloth and rub it in further. Once the dry rubbing is complete, take a damp cloth and wipe down the board.

## Discussion Questions

- Blackboards are used for drawing in “black and white.” How does doing so hide the complexity of the social world? Why do people have a strong tendency to see others in this categorical way?
- What do you see in the image at the bottom of p. 42? It seems to be a simple picture of either a vase or as a pair of faces, but actually contains both images. How is this a metaphor for the social world? Why is the social world complex?
- How can being simplistic in our social perceptions be problematic?
- What can we do to break down these barriers to become more open-minded? Why is it important to be open-minded?

## Summary

We tend to oversimplify stimuli in our social worlds. We divide people into the category of “on my team” or “not.” We often treat people differently because of the way we categorize them. This can deter us from getting to know others in our world. We need to break down all barriers to improve understanding and communication between one another.



# Kindness Letter Boxes

## Goals:

- To promote empathy and compassion
- To challenge others to spread kindness



## Supplies:

Small lidded box  
Scissors  
Glue  
Paint or sponge brush  
Colored paper  
Markers  
Glitter  
Pipe cleaners

## Directions:

Measure box and cut pieces of colored paper to fit the top and each side. Apply glue to the box and the back of the paper.

Decorate the box using markers, glitter and pipe cleaners.

Write a handwritten letter and drop it into someone else's kindness postbox.

## Discussion Questions

- Have you ever received a letter from a friend or family member in the mail? How did it make you feel?
- How is writing and sending a letter to someone considered to be an act of kindness?
- How does writing a letter to someone promote empathy and compassion?
- What are examples of different sentences we could include in a kindness letter?

## Summary

Sending kindness letters is a great way to spread kindness and brighten up someone's day. Receiving a letter in the mail with a positive message can add a smile to anyone's face. This activity encourages us to pay it forward with more acts of kindness. We can all make a change in the world by spreading messages of kindness and at the same time allowing others to take part.

# Hobby Collage

## Goals:

- To understand the diverse sets of talents and skills in the world
- To brainstorm how we can use our hobbies to help others



## Supplies:

Magazines

Newspapers

Scissors

Glue

Cardboard paper

Markers

## Directions:

Choose your favorite hobby and create a collage illustrating the hobby.

Look through magazines and newspapers and cut out any relevant pictures you would like to include in your collage.

Place the pictures on the cardboard paper and stick them down using a glue stick.

Decorate the collage using markers and glitter.

## Discussion Questions

- What is a hobby? What are examples of different hobbies?
- What is your favorite hobby and why? How is it illustrated in your collage?
- How can we use our hobbies to help others?
- What are your unique skills and talents? How can we use them to perform acts of kindness?

## Summary

All of us are unique and therefore our hobbies and interests vary. Having a hobby that we enjoy brings us happiness and enriches our lives. Hobbies enable us to learn new skills, expose us to new ideas, create bonds with others and help us grow in various ways. We are so lucky to have such a broad selection of hobbies to choose from. We need to embrace our differences and use our skills and talents to help others.

# Personalized Door Sign

## Goals:

- To promote inclusion and hospitality



## Supplies:

Foam sheet  
(Alternatives: cardstock,  
poster board or a  
lightweight precut wood)

Scissors

Glue stick or double-  
sided tape (if using  
wood use wood glue)

Cord/String

Beads

## Directions:

Cut out a rectangle from your foam sheet.

Write your name on the foam in order to know where to place the beads. Glue the beads over the name tracing.

Tape the cord for the personalized door hanger.

Use hooks and or tape to hang the door signs.

## Discussion Questions

- What is inclusion and why is it important?
- What are different ways to promote inclusion?
- How do you feel when you are included and excluded by others?
- When you first moved to the community who welcomed you?
- Have you ever been in a situation where you did not feel welcome in someone else's house?
- Do you consider yourself to be a hospitable person? How do you make your guests feel welcome? Why is it important to invite people and to open our homes to others? How can you improve in this area?

## Summary

Welcoming guests is such an important value. We need to make sure our guests feel comfortable and give them our full attention. We have so many different opportunities to invite guests into our homes. Spread the kindness that you've experienced as a guest by inviting guests into your home.

# Milky Way Pencil Cases

## Goals:

- To emphasize that the sky is the limit and to always reach for the stars
- To realize that dreams can come true



## Supplies:

Paint (dark blue)

Disposable plate

Sponge

Canvas pencil case

White craft paint

Water

Paper

## Directions:

Brush a thin layer of dark-blue paint onto a disposable plate. Dip a sponge into the paint, then dab onto a pencil case using diagonal strokes. Repeat with two more shades of blue paint, starting with the darker and adding the lighter one on top. Let it dry.

For stars, dilute white craft paint with water to a heavy cream-like consistency. Dip a brush into the paint, wipe most of it off, and tap the side of the brush with another brush over paper to practice a splatter effect. Splatter the pencil case.

## Discussion Questions

- What does the expression “the sky is the limit” mean?
- Do you believe that you have the power to achieve anything you set your mind to?
- What prevents us from achieving our goals and aspirations?
- What can you do to set your mind for success?

## Summary

A “growth mindset” is a belief that we can improve and grow as people, that there are no limits in life and that dreams can come true. This mindset helps people achieve great things. Setting goals and targets for ourselves to keep on track enables us to conquer our dreams gradually, at our own pace.

# Juggling Balls

## Goals:

- To add entertainment and excitement to others' lives
- To develop our focus and concentration
- To juggle and prioritize everything in one's day to day life



## Supplies:

Rice

Sandwich bags

Balloons

Plastic cup

Scissors

## Directions:

Mark a plastic cup with the amount of rice you want to use in each ball (Roughly half a cup).

For each juggling ball measure your rice and pour it into a sandwich bag. Twist the sandwich bag closed making sure you've taken out all the air.

Pull the remaining bag over the ball of rice and twist it closed again. Repeat until the whole length of the bag is used and you have a tight neat bag of rice.

Cut the neck off the balloon and put your bag of rice inside the balloon.

Cut a slightly bigger neck off a second balloon and put the balloon covered bag of rice inside. You can use two balloons the same color or contrasting colors.

Adding colored bands is easy. Cut the thick rolled end of a balloon neck off and stretch the remaining piece over your juggling ball.

## Discussion Questions

- Where do we most often find jugglers? How can we cheer up others through juggling?
- How does juggling help us focus? Why is concentration essential to succeed in life?
- Juggling is also often used as a metaphor in relation to competing priorities in our lives. How do you juggle everything in your life?
- What is your idea of work life balance? Have you been able to balance the two in your life? If you could go back in time, would you change the way you balanced them?
- Do you prioritize effectively? Why is prioritizing important? What could you do to prioritize better?

## Summary

Juggling is a great activity to add fun and laughter into other peoples lives. You can visit hospitals and nursing homes to perform for sick patients and elderly residents. At the same time, juggling can help sharpen your concentration and can be used as a metaphor in relation to competing priorities in our lives. We need to straighten our priorities to focus on what is most important in life. We need to decide what is most important to us each day and make every moment count. To stay on track, we should not push off tasks we can get done today and should keep everything organized. It is perfectly acceptable to ask others for help and delegate tasks to others when we feel overwhelmed.

# Tissue Paper Flowers

## Goals:

- To improve emotional health using flowers



## Supplies:

Tissue paper

Scissors

String or yarn

## Directions:

Choose three large pieces of tissue paper. You can choose three coordinating colors or three of the same color.

Align the three pieces of tissue paper on top of each other and begin folding them accordion style from the bottom. Make sure to press down and crease each fold as you go. When you are finished folding the paper you will have one, long thin strip of tissue paper. Press down and firmly crease the last section then fold the entire thing in half and tie in the middle with a piece of string or yarn.

Take your scissors and cut through the folded end. Use your scissors to shape the edges on each end. You can round them, or fringe them, whatever you like.

Starting on one side, gently begin separating the tissue paper layers and fluff up each layer as you go.

## Discussion Questions

- What are the uses of flowers?
- How do flowers affect our moods?
- What are the benefits of having flowers in our homes?
- How do flowers improve our emotional health?
- Do flowers make you feel happy?
- What are the benefits of giving flowers?

## Summary

Sending flowers is a simple way to improve our emotional health. Flowers can have a long-term positive effect on our moods. Many people feel less stressed, frustrated and anxious after receiving flowers. The presence of flowers triggers happy emotions, heightens feelings of life satisfaction and affects social behavior in a positive manner. Flowers can help you to improve relationships, apologize and show your love. Flowers are a symbol for sharing with loved ones. They make any space more welcoming and create a sharing atmosphere. Giving flowers to a friend or family member is a simple way to brighten up their day!



# Every Day is Valentine's Day Card

## Goals:

- To show appreciation for those we love



## Supplies:

White cardstock

Red or pink paper

Hearts

Scissors

Glue

Ruler or paper trimmer

Crayons, colored pencils, markers, rubber stamps, paper punches, hole punches, rubber stamps and glitter (optional)

## Directions:

Pre-cut card and paper blanks. Cut eight card blanks from an cardstock. First cut the cardstock in quarter, then cut eat quarter in half. This will make eight cards.

For the hearts, cut a sheet of red or pink paper the same way, then cut some of the resulting eighths in half. You may also cut rectangles from scraps left over from other projects. They should have straight sides and square corners.

Cut a variety of hearts. For each heart, fold the heart blank in half and cut a half-heart shape from the top of the fold to the bottom. Open the hearts and smooth flat. You may use a heart template if it is easier.

Glue hearts to the cards in various designs, using both the cutout and cutaway hearts. You can arrange them horizontally or vertically and use many hearts.

Add a greeting to the front or the back of the card and any personal touches using crayons, markers or colored pencils.

## Discussion Questions

- What is love? Is it important? Can we live without loving others and being loved?
- How does love make you feel? How do you express your love for others?
- How do you show your love and appreciation for your family and friends? How does love make the world a better place

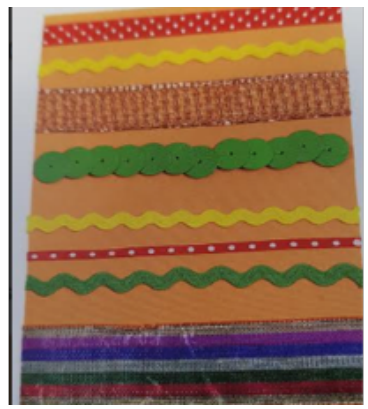
## Summary

Among the different expressions of love are friendship, dedication to a cause or to a person, the love of parents for their children, and the exclusive love between a man and a woman united in marriage. An authentic love is above all to desire the happiness of the other. Valentine's Day is celebrated every year on February 14th. It is the day when people show their affection for another person or people by sending cards, flowers or chocolates with messages of love. We do not need a special occasion to remind ourselves how much we love and care about one another. Love and romance are important for our happiness and well-being and should be celebrated every day.

# Decorate a Diary

## Goals:

- To consider diary writing as a way to explore personal experiences and enhance critical thinking
- To strengthen self-discipline and reflect on new knowledge



## Supplies:

Pen

Ruler

Plain and patterned papers

Scissors (deckle-edged, zig-zag and ordinary)

Paper glue

Thick notebook with a spine

## Directions:

Use the pen and ruler to draw lines on the plain and patterned papers, marking them into strips. Cut out the strips with the deckle-edged, zigzag and ordinary scissors. Glue the strips to the front of the notebook and along the spine, leaving the ends extending above and below the cover.

Open the book and glue the ends of the strips to the inside of the cover and spine.

Measure the inside of the covers and, using ordinary scissors, cut two pieces of patterned paper to fit inside the covers. Glue the papers inside the covers to hide the ends of the strips. Leave open to dry.

## Discussion Questions

- What is the purpose of writing a diary?
- How does writing in our diaries help us to acquire new knowledge and enhance our critical thinking skills?
- How does writing in a diary help us to express our emotions and opinions? Why is it important to get in touch with our emotions?
- How can writing in a diary help us to set goals?
- How can learning about ourselves help us to make positive changes in our lives?

## Summary

Writing in a diary improves more than just our writing skills. Daily writing in a relaxed environment enables us to explore different thoughts, ideas and topics and empowers us to become more vocal. Writing in a diary encourages us to reflect on our emotions and helps us to make positive changes in our lives. Through our writing we are able to identify patterns of behavior, consider possible stressors, analyze our coping mechanisms and connect with the world around us. This activity enables us to reread our entries, gain a different perspective and find solutions to our problems. It is important that we take control of our thoughts and emotions so that we become mentally stronger.

# Candles

## Goals:

- To concentrate on being in the moment
- To focus on living life with gratitude on a daily basis
- To connect with others and focus on the simple things
- To provide light for others to benefit



## Supplies:

Candles

Garden wire

Scissors

Beads

Sequins

## Directions:

Take a small piece of wire and thread with beads and sequins, placing a large bead in the center. Thread some pearly beads onto a longer piece of wire. Pass the shorter wire through the pearls on the longer wire, leaving a small loop hanging down. Then add some red and pink sequins to the longer wire. Wrap the longer wire around the candle, twisting the ends to secure them.

Variations:

Sequins

Hang sequins from a wire or simply thread them on a wire and wrap it around the candle to give a sparkly effect.

Elegant candles

Glue beads and glitter stars onto tall and skinny colored candles.

## Discussion Questions

- When do we use candles? What purpose do they serve?
- Candles are reminiscent of simpler times, when we did not have lights and technology in our lives. How has technology impacted our lives for the better? How has it impacted our lives for the worse?
- How can we slow down to live in the moment, appreciate the simpler pleasures in life and increase the level of gratitude in our daily lives?
- How might doing so improve our connection with others?
- How can we be like a candle and brighten someone else's day? How might doing so make us feel?

## Summary

Candles are reminiscent of simpler times, when we did not have technology in our lives to distract us. We need to focus our attention on the present and concentrate on the task at hand. Making the most of each moment in our lives enables us to prolong its value and make it more meaningful. Rather than seeking quantity of time, when we live in the moment we enjoy and savor every minute. To make every moment count we must embrace it. Everything we do and every person we meet deserves our full attention. We need to work on building our connections with others and not get sidetracked by the millions of distractions around us.

# Fruit Bowl

## Goals:

- To promote nutritious diets and healthy lifestyle choices
- To encourage eating a variety of fruits and vegetables each day



## Supplies:

Cardstock or colored construction paper

12 x 18 construction paper (for background)

Tempera or poster paint

Paint brushes

Scissors

Glue stick

Pencil

Decorative material (ribbon, stickers, paper cut-outs, small foam shapes, sequins, glitter glue etc.)

## Directions:

Draw and cut out different fruits from drawing paper, white cardstock or white construction paper. You may also print out any or all of these fruit templates on cardstock.

Prepare tempera or poster paint on your palette. Use colors to match your chosen fruits. Add some water to each color and mix well. Paint the fruits and set them aside to dry.

Print out a large basket template. Cut out both basket template pieces including the main basket piece and the handle. Example: <https://www.firstpalette.com/printable/basket.html>. Alternatively, draw and cut out your own basket out of construction paper. Glue the ends of the handle behind the main basket.

Prepare background paper. Cut the construction paper into a size that fits the basket. This will be the fruit basket picture's background.

Put glue on the back of the basket, along the edges and the handle. Leave out the basket's top edge, this side should be open so that you can put the fruits inside the basket. Glue the basket onto the background paper. Press on the edges to glue in place.

Decorate the basket with your chosen craft materials. You may use a variety of small craft shapes, glitter glue, stickers, sequins and paper cut-outs.

Once the painted fruits are dry, place them inside the basket.

## Discussion Questions

- Do you usually eat healthy foods? What are some foods that you know are healthy for your body?
- What are examples of unhealthy foods?
- How does following a healthy meal plan enable us to look after our bodies? How is eating healthy being kind to our bodies? How do eating habits affect our quality of life?
- What are some things about your eating habit you would like to change? How can this be done?

## Summary

Good nutrition is an important part of leading a healthy lifestyle. Eating a healthy diet gives your brain and your body the vitamins and minerals needed to stay well. When your body gets all of the nutrition it needs from the food you eat, it will be better fueled to keep you feeling energized and optimistic all day long. If you remind yourself that what you eat now will affect your health in the future, it will be easier to follow a healthy diet. We need to be kind to ourselves and look after our bodies and overall health.

# Butterfly Coaster

## Goals:

- To discuss the importance of protecting family and friends



## Supplies:

Pencil  
Tracing paper  
Thin card  
Scissors  
Felt-tipped pen  
Sticky-backed plastic  
10cm (4 in) opaque ceramic tile  
Natural sponge  
Large paintbrush  
Green ceramic paint

## Directions:

Trace a butterfly template using tracing paper and then transfer the design onto a thin card. Cut out the shape.

Use a felt-tipped pen to draw around it on the sticky-backed plastic. Carefully peel off the backing paper. Stick the butterfly to the center of the ceramic tile.

Dampen the natural sponge with a little water. Brush the green ceramic paint onto the sponge using a large paintbrush. Do not put on too much paint. Dab the paint all over the tile, then set it aside to dry.

Peel off the stencil to reveal the butterfly shape beneath.

## Discussion Questions

- How might our coasters remind us to protect the important people in our lives? (Hint: What are coasters used for? What do butterflies represent?)
- How do we protect our family and friends?
- How do we make someone feel comfortable around us?
- How do you show others that you care about them? How can we do this better?

## Summary

It is essential for everyone to feel protected. Just as coasters protect surfaces where we place drinks, we need to focus on looking out for one another. As symbols of endurance, change, hope and life, our butterflies will remind us of all the benefits we strive to secure for those around us. We especially look out for our family and friends, the most influential people in our lives, who provide us with love, support and a framework of values. We teach one another, share life's joys, motivate one another to become better versions of ourselves and give each other hope and strength. There are so many simple ways to show others that we care about them, such as making phone calls, writing letters, visiting, preparing meals and giving flowers.

# Glasses Case

## Goals:

- To value seeing the world from another person's perspective
- To empathize with others



## Supplies:

Old glasses case

Tissue paper confetti

PVA glue

Paint brush

White acrylic paint  
(optional, if case is dark  
color)

Paper plate

Adhesive fabric tape  
(if case is cracked)

## Directions:

If your case is dark, give it a white coat of paint. (If you have a vinyl covered case, add a little glue in with the paint to help it stick.) Leave the case to dry.

Glue on confetti spots with small dabs of PVA glue. Work on one spot at a time. Let the confetti overlap slightly to allow the colors to blend where edges touch. Carry on until the whole case is covered. On edges fold the confetti over sides and trim excess. Let the confetti dry.

Cover confetti in a thick layer of PVA glue. The glue will dry clear and provide a resilient protective coating.

If the interior of your glasses case is cracked, you may use some adhesive fabric tape.

## Discussion Questions

- Do we all see the exact same views? How do glasses impact our points of view and perspectives?
- What factors influence someone's perspective?
- How and why should we strive to better understand someone else's perspective?
- Why is empathy a key building block in forming relationships?
- Why is understanding others' perspectives a key leadership skill?

## Summary

Perspectives influence how we organize and prioritize various elements in our lives. Various factors influence our perspective such as our ethnicity, gender, past experiences, socio-economic status, religion and political beliefs. Social cognition involves being able to identify the mental states of others and enables us to think about things from different points of view. By putting ourselves in someone else's shoes we are better able to understand their beliefs, feelings, experiences and intentions. Empathizing with others is important as it enables us to understand how they are feeling in order to respond appropriately to situations.



# Bath Salts

## Goals:

- To value relaxation and stress reduction
- To consciously focus on different ways to relax our bodies



## Supplies:

Approximately 200g  
(7 oz) Epsom salts

Clear container with lid

Bowl

Vanilla essence

Tablespoon

Red and yellow cosmetic  
coloring

All-purpose household  
glue

Artificial flower

## Directions:

Pour the Epsom salts into the clear container to determine how much you need. Move salts into a bowl where you will add scent and color.

Add one drop of vanilla essence to scent the salts. Stir the mixture. Add 2 drops each of the red and yellow cosmetic colorings. Be careful not to add more than this amount. Stir in the coloring until all the salts turn pale orange.

Spoon the mixture into the container. Screw the lid on tightly. Glue the artificial flower to the lid.

## Discussion Questions

- What is stress? What causes you to stress? Do you think life is more stressful today than it was fifty years ago?
- How can we eliminate the stresses in your life?
- How does stress affect your physical and emotional state? In what ways are the mind and body connected?
- What do you do to relax after working hard or experiencing other challenging or stressful situations?
- Have you ever helped someone who was feeling stressed?
- Why is setting time aside to relax important for our health?

## Summary

Stress is the body's reaction to any change that requires an adjustment or response and can be caused by any type of physical or emotional stimulus or situation. Stress causes numerous issues for our bodies. We need to set aside time to relax to eliminate the stresses in our lives. Relaxation gives our bodies a chance to calm down and achieve a clear and calm mind. There are so many different ways to relax including exercising, listening to music, watching TV, shopping, spending time with family and friends and taking baths. In particular, taking a bath is very relaxing as the bath salts soothe and revitalize our bodies to help with stress relief and muscle relaxation. Many bath salts are rich in salt and mineral content, which nourish and soften the skin. Next time you are debating whether you have enough time to take a relaxing bath, remember that we need to take time for ourselves to prevent burn out!

# Key Rings

## Goals:

- To identify keys to a happy life



## Supplies:

30cm (12 inch) fine cord

10 colored buttons with varied colors, shapes and textures

Keyring

## Directions:

Fold the fine cord in half. Make a knot about 2.5 cm (1 inch) in from the fold.

Thread the buttons onto the cord by pushing each end of the cord through one of the holes in the buttons.

When you have threaded on the last button, knot the ends of the cord together tightly beneath it. Cut off the excess cord. Slip the loop of the cord onto the keyring.

## Discussion Questions

- What does happiness mean to you?
- Why is happiness important?
- What is the “key to happiness”?
- What are powerful keys to a happy life?
- Can money buy happiness?
- What actions can you take to become a happier person?

## Summary

Happiness is important as it plays a key role in enabling us to achieve our goals and personal ambitions. By being happy, we have the power to change and impact those around us by simply being ourselves. Money is not the “key to happiness” as things that provide us with long-term satisfaction cannot be purchased. Money can add joy and excitement to our lives but will eventually fade. Rather than focusing on the material goods, we should make an effort to help those around us and constantly work on becoming better versions of ourselves. There is no single clear-cut answer to the “key to happiness.” In order to move forward and progress, we must learn to forgive others and refrain from dwelling in the past. We should develop an attitude of gratitude for life.

# Tie Dye T-Shirt

## Goals:

- To appreciate unity and the feelings associated with it



## Supplies:

White T-shirt (old or new)

Tie dye kit (or cold water dyes, bottles, paint brush and fixative)

Rubber bands

Rubber gloves

Apron

Plastic bag

## Directions:

Wash the T-shirt and leave it damp.

Wear rubber gloves and protect surfaces and your clothes.

To achieve a sunburst effect, pinch up the center of the fabric at the front and add rubber bands at intervals. Also pinch a small piece of material on each sleeve and secure them with more bands.

If using a kit, fill the bottles and paint sections according to the instructions given, either using a bottle or dabbing on each section with a brush.

When you have applied the dye, place the T-shirt in a plastic bag, seal it and leave it overnight for the dye to really soak in.

Wearing the rubber gloves and apron, take the T-shirt out of the bag and rinse it repeatedly in cold water until the water is clear. Wash it in hot water with soap, rinse and leave to dry naturally away from any heat.

## Discussion Questions

- What is unity?
- What is the importance of unity across diversity?
- How can we embrace our differences and blend them together, like the designs on our t-shirts?

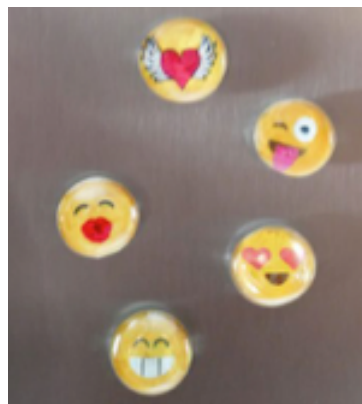
## Summary

Our tie dye blends together diverse colors into a vibrant design. Similarly, unity across diversity improves overall productivity, performance and lifestyles by boosting morale, enhancing relationships and increasing teamwork. We need to embrace our differences to make the world a better place.

# Emoji Marble Magnets

## Goals:

- To discuss the importance of sticking together through thick and thin
- To understand the value of expressing our emotions



## Supplies:

Mod podge matte

Flattened glass marbles  
(dollar store)

Emoji sheet

Magnets (with adhesive  
on one side or glue)

Scissors

Pencil Brush

## Directions:

Place your glass on the emoji sheet, centering the circle around the face. Now trace around the edges of the glass with your pencil. Cut out the emoji face with a pair of scissors.

Using your paintbrush, dip the tip in the Mod Podge and brush a thin layer on the back of your glass marble. Put your cut paper circle face-down on the side of the glass with the Mod Podge applied. Press down in the center and smooth outward toward the edges to get any bubbles out.

Turn over your glass marble. The Mod Podge will dry clear. If your circle hangs over a bit on the sides of your glass, just trim it with your scissors.

Attach your magnet to the back of the paper on the glass. Allow to dry thoroughly, then use!

## Discussion Questions

- Which is your favorite emoji and why?
- Why is it important to express our emotions?
- Have you ever relied on a friend to cheer you up?
- How do you feel when you are able to help others?
- How do you benefit from helping others?
- Why is helping others important for everyone involved?

## Summary

The purpose of expressing our emotions is to convey our true feelings, and to be open and honest. When we interact with other people, it is important to give clues to help them understand how we are feeling. We should feel comfortable to talk about our emotions with our family and friends because we are all here for one another. Helping others is not only a good thing to do, it also makes us feel happy and fulfilled. Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone. We can help others by simply giving our time, ideas and energy.

# Fragrant Sachet

## Goals:

- To become someone who others want to be around



## Supplies:

Pencil  
Tracing paper  
Thin card  
Scissors  
Black felt-tipped pen  
Zig-zag scissors  
Pink fabric  
Pink netting  
Cotton bud  
PVA glue  
Handful of potpourri or dried lavender  
Heart-shaped button

## Directions:

Trace a heart template. Transfer the design onto a thin card. Cut out the heart.

Place heart on the pink fabric and draw around it with a black felt-tipped pen. Place heart on the netting and draw around it with a black felt-tipped pen. Cut out both hearts with zigzag scissors.

Use a cotton bud to run a line of glue around the outer edge of the pink fabric heart, leaving the top edge free from glue. Press the net heart on top. Hold in place while drying.

Pour the potpourri or lavender into the sachet through the hole in the top of the heart.

Run another line of glue around the top of the heart. Press the netting onto it firmly to close the sachet and prevent its contents from escaping.

Finally, glue the heart-shaped button to the front of the sachet. Set aside to dry.

## Discussion Questions

- Why do we like being surrounded by pleasant smells like the ones in fragrant sachet? What are your favorite scents?
- How do good scents make us feel? How do you feel when you walk into a bakery or a perfume store?
- What makes us want to be around others? What qualities do they possess to make us want to be around them?
- How can we become someone people want to be around? What can we do to improve ourselves? How can we become more inclusive?

## Summary

Scented sachets are an easy way to freshen up your linen cabinet, drawers and closets and add a touch of fruity, festive, floral and fresh fragrances into your home. Scented sachets can be used to relax the body and mind and influence our moods. Everyone loves to be around such wonderful scents. In order to make sure that others want to be around us we need to show them that we care about them. We need to truly listen to other when they are talking and take a genuine interest in them. We need to stay positive and always show empathy for others. We need to have a friendly, open demeanor and always be open-minded.

# Spattered Plant Pot

## Goals:

- To describe art as a form of expression
- To understand the importance of being emotionally aware



## Supplies:

Square terracotta plant pot

Acrylic paint in multiple colors

Large and fine paintbrushes

Old newspaper

Apron or old shirt

Old toothbrush

## Directions:

Cover your worktable and surrounding area with plenty of old newspaper and put on an apron or old shirt.

Paint a terracotta pot a solid color all over, including on the inner edge. Leave to dry.

Use an old toothbrush to spatter paint in contrasting colors all over the outside of the pot. Leave to dry.

Wash your hands well after spattering.

## Discussion Questions

- How can we express ourselves through art? How is art a form of communication?
- What are different types of art expression? How do they enable us to demonstrate our creativity?
- How can art help us express our emotions?
- What is emotional awareness? Why is it important to get in touch with our emotions?
- How can we use our artistic talents to help others?

## Summary

Art expression refers to our conscious use of imagination to give our emotions a visible form. Art activities, such as painting, drawing, sculpture, drama, music and dance, enable us to express our emotions, feelings, beliefs, experiences, ideas and character. Emotions can be overwhelming, and it is our awareness that keeps them in check. Emotional awareness helps us to develop our relationships with others. The better we understand ourselves, the better we are able to communicate our needs and strengthen our relationships.



# Design an Invention

## Goals:

- To compare and contrast the value and usefulness of different inventions
- To discuss how ingenious ideas of inventors have impacted upon society
- To use our creativity to brainstorm new inventions



## Supplies:

Large boxes/shoe boxes  
Paper towel/toilet rolls  
Markers  
Scissors  
Tape  
White and colored cardboard and paper  
Paper cups  
String  
Plastic plates  
Decorative materials  
(pipe cleaners, glitter, buttons and stickers)  
Empty recycling bottles

## Directions:

Brainstorm different useful inventions that have been invented and what made them useful. Think of your own invention and use the supplies given to design and build it.

Use the cardboard boxes and bottles for the main structures of your invention.

Use the pipe cleaners, glitter, buttons and stickers to design and decorate your invention.

Write a short paragraph about the invention you have built, why you have chosen it and how your invention can help others.

## Discussion Questions

- What are some examples of famous inventors? (Thomas Edison, Henry Ford, Benjamin Franklin)
- Why do people make inventions?
- Which inventions do you think have had the biggest impact upon society? How have they helped society?
- What would you like to invent and why? How could your invention help others?
- Why is it important for people to constantly be thinking of new inventions?

## Summary

Inventions reflect creativity, artistry and innovative design. Inventors must understand people and common needs in order to innovate. Prior to taking a product to market, a great inventor must establish good relationships, sharing similar interests and knowledge and building trust in others. Successful inventions solve problems in our society and accomplish jobs that fill recognized needs. We all have the power to think of new inventions and new ways to improve our world. We are all creative in our own unique ways, and we need to believe in ourselves to find the problems worth solving.

# Magnifying Glass Plate

## Goals:

- To bring clarity to a situation
- To focus on what is important in life



## Supplies:

Small plastic disposable plates

Construction paper

Glue strip

Pencil

Scissors

## Directions:

Cut strips of paper that are roughly long enough to cover the top edge of your plate. Glue several strips together until you have a piece of paper long enough to go around the plate. Close the loop, glue and cut excess paper.

Hand draw a handle on a piece of paper or card and use it as a template. Draw the handle shape on the construction paper and cutout.

Create a small tab by folding the end of the handle. Glue onto the paper loop already created.

## Discussion Questions

- What does a magnifying glass represent?
- What does it mean to have clarity? How can we help bring clarity to a situation?
- Why should we always clarify both sides to a story? How can this prevent problems?
- How can we better understand our family, friends and colleagues?
- What are the most important things in our lives? How can we better focus on them?

## Summary

The magnifying glass is the symbol of searching and understanding. We should always search for the answers to our questions in life. This is the way to grow and develop. Clarity means clearness. By bringing clarity to a situation, we can help people see what really happened by correcting and explaining misunderstandings. In order to do this, we need to listen well to what people are saying, pick up emotional cues and show sensitivity to others. Focus is so important in our lives because if we can't focus effectively, we can't think effectively. We need to focus our time on the things that matter most in life including our family, friends and health.

# Giving Tree

## Goals:

- To reinforce the need for generosity, gratitude and manners
- To identify different ways to give to others



## Supplies:

2 paper lunch bags

Rocks  
(to use as a weight)

Red paper

Glue

Scissors

Pencils

## Directions:

On one bag, cut 3 or 4 strips vertically from the opening down halfway. Open the bag such that the bottom serves as a base. Put some rocks in the bag to weigh it down.

Twist the whole mid-section of the bag for the trunk and then twist together three strips to form the branches.

If you would like more branches, cut off the bottom of the second bag and cut more strips. Twist them together and insert the additional branches into the middle of the bag.

Draw apples on red paper and cut them out. Glue them on the branches.

## Discussion Questions

- Read aloud *The Giving Tree*, by Shel Silverstein:
  - What is the message of *The Giving Tree*?
  - Was the boy happy after receiving the gifts?
  - How did the tree feel after giving the gifts?
  - How does the boy and the tree feel at the end of the story?
  - What do you think the author wants you to know about love and friendship?
  - Did the boy show gratitude for the gifts he received? Why is it important to show gratitude with proper manners?
  - Was it right for the boy to ask the tree to give everything he had? Was he being selfish? Why would someone choose to be selfish?
- Think of a time when you were generous and shared something with someone you love. What did you share? With whom did you share?
- Why do we give to others? What do we gain from giving to others?
- What are different ways we can give to others?

## Summary

*The Giving Tree* by Shel Silverstein, is a story about a tree who loved a boy. When the boy was young, the tree gave the boy her branches to play on and her trunk to climb. The boy visited the tree every day. As the boy grew older, he no longer came to play in the tree's shade. Instead, he came and asked the tree to give him things. He thought that the things he wanted would make him happy. Since the tree loved the boy and wanted him to be happy, the tree gave him what he wanted until the tree had nothing left to give. This story teaches many important life lessons. When we give to others, we give without expecting to receive anything in return. However, it takes two people to create a successful relationship, and we need to avoid one-sided relationships. At no point did the boy show any affection or love towards the tree. We must be grateful for what people contribute to our lives. Showing we care is so simple and only takes seconds.

# Pom Poms

## Goals:

- To understand the value of encouragement in our lives
- To effectively motivate others using words of encouragement



## Supplies:

Felt strips  
(several colors)

Scissors

Embroidery floss or string

## Directions:

Cut the felt into thin strips. Each strip should be roughly one quarter to one half inch thick and 10-12" long. You may choose as many colors as you wish.

Tie approximately 70 of the thin strips in the center tightly with a few strands of embroidery floss or string.

Hold the pom poms in your hands and cheer!

## Discussion Questions

- How do you feel when people support and encourage you?
- To whom do you turn for encouragement and inspiration? Provide examples of situations where people have given you encouragement.
- Why is encouragement important? How can discouragement help us to grow?
- How can you learn to believe more in yourself?

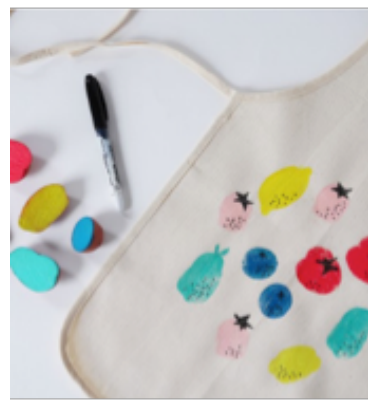
## Summary

Encouragement is a great motivator. It makes people feel good about themselves, inspires people to exert more effort and helps people succeed in achieving their goals. Believing in ourselves is a fundamental step toward achievement. We need to trust ourselves and believe that we can do whatever we set our minds to, regardless of what stands in the way. We need to visualize what our lives will look like when we have achieved all of our dreams. We need to stay focused on our goals and not let fear dissuade us. Nothing in life happens unless we stand up and take action. We need to turn to those we trust for words of encouragement and inspiration including family, friends, religious leaders and coaches. We need to see discouragement as a learning experience that reinforces that nothing is handed to us on a silver platter. We need to work for it. Providing encouragement to others can also act as a self-motivator by sparking the positive feeling that comes from making a difference in someone else's life.

# Potato Stamped Apron

## Goals:

- To step outside of your comfort zone
- To appreciate the importance of making mistakes



## Supplies:

Canvas apron

Potatoes

Paint

Sharpie markers

## Directions:

Cut your potatoes in half and then prepare your colors.

Apply some paint on your potatoes and stamp your apron.

Let the apron dry and with the help of your sharpie draw the final touches. You may wish to draw fruits and vegetable designs or fun shapes.

## Discussion Questions

- What did you learn from this experience about making and correcting mistakes?
- How can we learn from our mistakes? How can we apply this lesson to a situation in the kitchen?
- What about this experience felt new and possibly out of your comfort zone?
- Why should we step outside our comfort zone?
- How can we use our cooking and baking skills to do acts of kindness?

## Summary

We need to treat activities as learning experiences. We should never feel intimidated by our lack of experience or the potential of error. No one is perfect. In the words of Colleen Hoover "All humans make mistakes. What determines a person's character aren't the mistakes we make. It is how we take those mistakes and turn them into lessons rather than excuses." When we cook in the kitchen, we should be motivated to try new recipes, as this is the way to learn and develop. We should never be disheartened if a recipe doesn't go according to plan. After all FAIL stands for first attempt in learning. Stepping outside of our comfort zone can make it easier to be flexible when unexpected things happen in the future. Learning new skills and ideas throughout our lives can foster creativity, help us to be more productive and make us happier. There are so many different ways we can use our cooking skills to do acts of kindness including baking for new neighbors, cooking for friends who are ill, elderly, or busy with a new baby, and providing meals for those without the means to provide for themselves.

# Watering Can

## Goals:

- To appreciate the importance of responsibility and patience



## Supplies:

Empty plastic bottle

Paper plate

Acrylic paint

Paintbrush

Nails

Pliers

Stove or other heat source

## Directions:

Clean out a one liter soda or water bottle and let it dry. This would work with a smaller bottle as well.

Paint the bottle with bright colors. Let the bottle dry. The thicker you apply the paint, the longer it will take to dry.

Make some small holes in the bottle. In order to do this, grasp the head of the nails with some pliers and hold it over low heat on a stove so the tip is warmed. Hold the nail with the pliers and press the hot part into the bottle where you want your holes. 9-10 holes will give a great flow.

Fill your bottle with water by twisting the cap and go outside to water the plants.

## Discussion Questions

- How does gardening teach us responsibility? Why is responsibility an important virtue?
- How does gardening teach us patience? Why is patience important?
- How can we benefit from being both responsible and patient?

## Summary

Becoming a responsible person means being able to consciously make decisions and work on improving ourselves. A responsible person accepts the consequences of his or her own actions and decisions. Gardening is a great activity to teach us about responsibility. Growing a plant or vegetable from the seedling stage requires daily attention and care. Plants will not flourish unless they are regularly watered and cared for. Gardening also teaches us the value of patience. Patience is the quality of waiting calmly without complaining. Gardening is a slow process that requires continuous engagement while we wait for our vegetables and flowers to grow. The waiting makes the moment the flower or vegetable sprouts even more exciting.



# Gift Tags

## Goals:

- To recognize that we have all been blessed with unique talents, abilities and natural gifts
- To appreciate what we receive from others



## Supplies:

Poster paint

Rolls or sheets of colored paper

Brushes

Scissors

Glue

Cardstock (optional)

Ribbon, chenille or pipe cleaners

## Directions:

Dab paint circles onto plain colored paper at even intervals. Leave to dry.

Make a gift tag by cutting the painted paper to size. Glue the tag onto cardstock if the paper is thin.

Punch a hole for the tie to go through. Make interesting ties from ribbon, chenille or pipe cleaners.

## Discussion Questions

- What is a gift?
- What is the best gift you have ever received? What kinds of gifts do you like to give?
- Is a gift always something tangible?
- What are examples of natural gifts we have been blessed with? How can we use these gifts to help others?

## Summary

A gift is an item given to someone without the expectation of payment or anything in return. We often give gifts for birthdays and special events. Tangible items generally come to mind when we think of gifts, but gifts can also be intangible. We have all been blessed with talents, abilities and natural gifts. These are ours for as long as we have them. These were given to us so that we can accomplish our unique missions. Using these talents, abilities and natural gifts enables us to give what we have. We all have so much to give!