



Activities at Home

Project: Celebrations

Dear Parents,

The activity for week: 4

Is: Kindness Rocks!

The activity we will be covering involves:

- Reading a story about being kind
- We discuss parts of the story as we read along, we talk about different acts of kindness
- We look at visual prompts to see how different people are kind towards each other as well as their environment/animals
- The teacher goes around the classroom and asks the children what they can do to be kind
- **Our activity includes:**

Reading a story about being kind. We look at different pictures that show kindness. We discuss different acts of kindness and how we can play our part. As a part of our group activity, we will be making Kindness rocks. Invite the children to paint rocks in bright and beautiful colours. Once dry a quote about being kind will be written on each rock. We will encourage the children to take it home and leave a kindness rock for a family member or in a park (talk about stranger danger). Spread kindness wherever they go. As an ongoing process there is a kindness jar in our class and for every act of kindness the children earn a gold coin and when they fill up the jar we celebrate their acts of kindness.

You might wish to help your child to explore this topic at home or when you are out and about. Please feel free to approach the teachers for further explanations.

Our suggested activities are:

- **A few websites that might help which promote acts of kindness-**
- <https://www.randomactsofkindness.org/kindness-stories>
- <https://inspirekindness.com/world-kindness-day-> this website has lovely stories about kindness. A good bedtime story.
- Become a member of kindness rocks project, sure to keep your little ones busy throughout the holidays- <https://www.thekindnessrocksproject.com>
- You can create a kindness jar at home to try and encourage every family member to not only be kind to one another but to recognise small acts of kindness and appreciate it.

