

# How to Make a Kindness Tree

Are you looking for a simple activity that will help encourage your child to spread kindness? Create a kindness tree together! Learn how by following these instructions:

## *Make a tree trunk*

Do you have a spare brown paper bag, cardboard box, or extra construction paper lying around? Any type of paper works! The trunk can be any size, but the bigger the tree, the more room you'll have to add leaves and build out the tree. You and your child can draw and cut out shapes to hang on the tree, or use our colorful printable to create your leaves.

## *Cut out leaves*

Using different colored paper, cut out leaves in different shapes and sizes and keep them in an easy-to-reach spot. You can draw and cut out your own leaves, or print out our colorful leaf cutout.



## *Jot down acts of kindness*

Did your child help you make dinner? Did he say thank you to his teacher for a great day? Whenever your child does something kind, ask him to explain, write it down on one of the leaves and place it on the tree together. The leaves can also include acts of kindness the child received. Repeat whenever you can and watch the kindness tree grow!

# Acts of Kindness

Print a sheet of leaves and fill them with acts of kindness. Follow the steps for creating a kindness tree with our instruction flyer and watch your kindness tree grow!

