



COUPONS OF KINDNESS ACTIVITY

Some of the best gifts we can give to family members are acts of kindness. Although these acts may be simple, they are special because they show others that we really do care about them. The purpose of this activity is to increase acts of kindness among family members.

Materials:

- 3 X 5 cards
- Pen or colored markers

Time Needed: 15-20 minutes to make the coupons

Activity Instructions:

On a 3 X 5 card, make a coupon, writing down acts of kindness that you are willing to do for a family member. Include specific details on the coupon, such as the name of the family member, what acts of kindness you will do for him or her, and how often the coupon may be re-used.

When the person is ready to use the coupon, he/she simply gives it to you in exchange for your act of service. If the card is good for more than one kind act, put a check mark in the corner to indicate the number of kind acts that have been used.

Acts of kindness that are often enjoyed by family members include:

- Help with chores, such as washing the dishes, folding the laundry, or working in the yard
- Wash and vacuum the car
- Go on a dinner date
- Do a short activity together, such as a bike ride, a walk, a car ride, etc.
- Go to a movie

Discussion Questions

- Was it hard to think of different acts of kindness you were willing to do?
- Did you think of other acts of kindness you could do when you saw what others were writing?
- How did it feel to do acts of kindness? To receive them?

Activity from: Strengthening Family Ties "A Workbook of Activities Designed to Strengthen Family Relationships"