

# KINDNESS CHAIN ACTIVITY

While this activity mentions doing it in a classroom, it can be done anywhere

## Materials:

- Scissors
- Colored construction paper
- Glue sticks
- Pens/ Pencils/ Markers/ Crayons

## How to establish the Paper Chain of Kindness in your classroom:

1. Provide a space in your classroom with multiple colors of construction paper (you may want to pre-draw lines indicating the width of the strips), scissors (might be fun to experiment with different edges), markers, and glue sticks.
2. Invite students to cut strips during various periods in the day.
3. Have students discuss/brainstorm kind acts they could do to make their schools, homes, and communities a better place to be.
4. Ask the students to think of acts they have done already to improve people's lives and record them on the strips of pre-cut construction paper.
5. Next, show students how to link the strips to make a multi-colored chain which represents the kind things they have already done.
6. Encourage the students to continue doing kind things and recognize one another for improving the kind culture by writing (or asking an adult to write) the kind act on a strip to be added to the chain.
7. A goal could be to make the chain go all around the classroom. Students get really excited when they can envision a shared goal like this!

## Discussion Question:

- What are some kind acts that you can do to make your school, home and community a better place to be?

