

## Kindness Tree

### Materials

Branch

Paint and glitter (optional)

Pot or vase

Blu-tack or playdough

Post-it notes and small pegs

OR card, hole punch and ribbon



### Method

1. Go for a walk and choose a suitable branch.
2. If desired, decorate the branch with the paint and glitter or wrap ribbon or pipe cleaners around it. Tip: wear an apron and put newspaper underneath.
3. When the branch is dry put it in a pot with some soil, or in a vase, using a lump of blu-tack or playdough to secure it.
4. Your tree is ready!

As you go about your week, try and spot acts of kindness and friendship, either from yourself or from others, or any moments that make you smile 😊

Write or draw (or ask a grown to write for you) what you saw on a post-it note or a small square of card and hang it on the tree with ribbon or attach with a small peg.

At the end of the week look back at all the acts of kindness.

