

5 years +

Family Kindness Jar

How does this activity support learning and development?

- Language and Literacy Development: writing, spelling/ sounding out words
- Fine Motor Development: cutting or ripping small pieces of paper, writing on a small piece of paper, folding or rolling them up
- Social-Emotional Development: developing and practicing empathy by thinking of actions that will help others

Materials

- Jar or cup
- Paper
- Scissors
- Writing materials
- Tape or glue



Directions:

1. Cut out strips or small pieces of paper that you can fold or roll up
2. Glue or tape a piece of paper that says, “(Family Name)’s Kindness Jar” on the outside of the jar
Optional-Add stickers, paper shapes, string or other decorations.
3. On each small piece of paper, write an act of kindness that members of the family can do for each other. To help your children brainstorm, ask them what they think they can do to make their parents, sibling, or pet feel good:
 - a. How can you make them feel better when they are feeling sad?
 - b. What can you do to make them feel good, even when they are not sad?
 - c. How can you be a helper around the house?

Examples:

- Give yourself a hug
 - Throw away garbage
 - Read a book or play with your sibling or pet
 - Help set the table
 - Help clean up your room or a room in the house
 - Draw a picture for a family member
 - Help water plants
 - Help prepare a snack
4. Pick a note out of the Kindness Jar when someone is feeling sad or when you want to do something kind for someone around the house.