

# Create a rainbow of kindness activity

## Aim

To encourage children to think about ways in which they can be kind to others. For one week, pupils will record their acts of kindness on the stripes on their rainbow, until it is complete. This activity could be linked into a kindness week at school or a national week of kindness.

## Introduction

Begin with a class discussion. What is kindness? How can we show it to other people? How does it make you feel when someone is kind to you? How do you feel when you are kind to someone else?

## Activity

Show children the rainbow sheet. Each stripe will represent a day of the week. For each of the next 7 days they will try to complete an act of kindness. For each one, they can colour in a stripe with pencil crayon and write what they did. Recap colours of the rainbow. Encourage more than one kind act a day - they can just add their favourite to their rainbow. The bottom stripe is small so their writing for this one may need to be too!

## A few ideas to get you started

### Kindness at school

- Holding the door for someone
- Letting someone in front of you in the line
- Asking someone on their own to join in a game
- Giving someone a compliment
- Helping a teacher with a classroom job

### Kindness at home

- Giving away some toys or clothes you don't need anymore to charity
- Helping a younger sibling with homework
- Making a thank you card for a family member
- Sharing toys with a sibling

### Kindness to animals/the environment

- Picking up rubbish and putting it in the bin/re-cycling
- Putting water or seed out for birds
- Planting some wildflower seeds for bees/butterflies