Activity 1
Helping One Another

Fill a bag with two jugs of water. Ask one child to carry the heavy bag down the length of the room and talk about how difficult this task is. Line all the children up and have them pass the bag down the line – they should see that it's much easier to move the bag if they work together. Have the kids cheer each other on to encourage each other.

Supplies: 4 jugs of water, 2 fabric recyclable grocery bags
Kindness L3

Activity 2
Racecars

Give each child a chance to sit in a box and pretend to drive while his/her partner pushes the box around. Remind children that without a partner, this task would be impossible. If a child says they do not want to push their partner because it is too hard remind them that it is often hard work sacrificing for a brother/sister and cheer them on to continue helping their friend.

Supplies: 2 large cardboard boxes or bins that the kids can sit in
Kindness L3

Activity 3

An Art Collage

Encourage working together to help one another. Place the paper on the table and let them color it with chalk or crayons. Point out how long it would take one child to do this task. This is showing kindness by working together. Helping someone with their work can help build someone up and show them love.

Supplies: large piece of butcher paper to cover the table, chalk or crayons

Kindness L3

Activity 4

Partner Relay

Pair each kid up with a partner. Have one kid put a beanbag between his/her knees and walk down and around a chair and back, handing the beanbag off to his/her partner. The partner places the beanbag on his/her head and walks down around the chair and back, trying not to let the beanbag fall. Then together they place the beanbag between their backs and they walk down around the chairs and back, without the beanbag falling.

The idea is that they work together and cheer and encourage one another as they are standing waiting for their turn.

Supplies: beanbags, chair (set up at the other end of the room)

Kindness L3