



## Kindness Jar

### Description

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Students reflect on their kind actions and the kind actions of others in this week-long challenge.

## Supplies

- Jar
- Pencils
- Different colored slips of paper

## How to Play

1. Show students the kindness jar.
2. Set aside time at the end of each day to have students write down two things on slips of paper:
  - Something nice they did for others
  - Something nice someone did for them
3. After finishing writing have students put their slips in the jar.
4. At the end of the week have students help you read aloud all of the acts of kindness that were in the jar.
5. After reading aloud all of the kindness notes, have students make a paper chain with them and hang it around your space as a reminder to be kind.

## Activity Prompts for Reflection

- How did it feel to receive compliments this week?

- What is something kind you want to do for others next week?
- Can anyone share something kind they did while at home this week?
- How do you think it makes others feel when you are kind to them?

## Other Ways to Play

- For younger students who can't write, you can add marbles to a jar each time you see an act of kindness. Once the jar is filled you can celebrate with your students, and have them help you think of an incentive that will motivate them when you introduce the jar.
- Instead of a jar use a box, bag, etc.
- Instead of waiting until the end of the week, you could read them aloud at the end of each day and continue adding to the chain throughout the week.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

### Category

1. Activities
2. Relationship Skills

### Sel-competency

1. Relationship Skills

### Allotted-time

1. 30 minutes

### Themes

1. Arts and Crafts