



KINDNESS JAR

Kindness is vital to making the world a better place. A big part of the reason we lose some of the kindness we have as children is that the world doesn't always reward kindness, and we often hear that kindness is its own reward. However, true kindness and generosity **should** be rewarded.



Steps:

Create a jar in your classroom that is empty. Find something to fill it with—marbles, decorative stones, or some other small item. Explain to students that each time you see someone being kind without being asked, you'll move one of the marbles or stones into the jar. You can also choose to move marbles or stones when students report the good deeds of others if you would like.

Acts of kindness can include helping someone clean up a mess they didn't make, sitting with a friend who is upset, talking to people using kind words, making new friends, playing with new people, etc.

When the jar is full, the kids get a prize as a class. Prizes can include a special story day, pajama party, temporary tattoos and small toys, cookie baking, a pizza party, a movie day, extra recess time, etc. Let the students vote as a class on multiple options you can live with! Or allow them to brainstorm things they would like to do and you can choose.

Over time, they'll build habits of being kind, helpful, and generous with or without prizes!