

the kindness game

PLAYERS: 2 - unlimited

AGE: All Ages

APPROX TIME FRAME: It's up to you! A day, a week, a month?

NEEDED: Kindness cards

HOW TO PLAY:

Distribute kindness cards evenly amongst players.

Decide on a prize - maybe the winner can be King or Queen for the day. Perhaps everyone else can make a meal for the winner. If you're in a classroom perhaps the winner gets to choose the book of the day at reading time, or choose an art project that the whole class will do together!

Set a time limit. It can be any amount of time you choose - days, weeks, a month... make sure it's not too long that you'll forget! For younger players, a shorter time limit is better!

Each player tries to do kind things for the other players. Everytime you do something kind, give one of your kindness cards to the recipient of your kindness.

If you have received an act of kindness from someone you will gain a kindness card. If you perform an act of kindness for someone your will be minus a card.

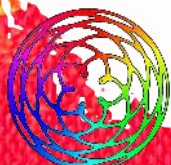
Kindness is circulatory (in real life, and in this game) - if you gain a kindness card from someone doing something nice for you, you can pass that same card on to someone else by doing something kind for them!

The winner is the person with the least amount of kindness cards at the end of the time limit set (this is also the person who did the most random acts of kindness!) - There may be more than one winner.

OPTIONAL EXTRA BITS:

Try making the rule that if someone has no cards left at the end of the timeframe will get an extra (agreed on) prize.

Turn the game into anonymous acts of kindness. Leave your kindness card with your random act of kindness without telling the receiver who it is from (maybe you folded clothes for someone? Made them a coffee? Picked them some flowers?)



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*Please recycle this card and
pay it forward when you can!*



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RANDOM ACTS OF KINDNESS

(that you can do!)

Make happy faces on the sidewalk with chalk to
make people smile

Let someone go in front of you in a line

Send a letter to someone far away

Pick up rubbish to make somewhere cleaner

Tell someone a joke

Give food to a family who needs help

Make a present for someone

Bring a drink for a family member

Give flowers to someone

Give away toys at Christmas to kids who get no
presents

Invite someone over to play

Take snacks to elderly people

Draw a picture for someone

Give someone a shoulder massage

Give stickers to children waiting at the doctors

Smile at people

Give someone a compliment

Pick some flowers and give them to someone



RANDOM ACTS OF KINDNESS

(that you can do at home!)

*Make happy faces or love hearts on post it notes
and leave them around the house to make people
smile.*

**WRITE A LETTER TELLING A FAMILY MEMBER
WHAT YOU LIKE ABOUT THEM.**

Pick up rubbish from your yard

TELL SOMEONE A JOKE

*Do the dishes or put the clothes away without
being asked*

Share your treats with someone

Make a present for someone

PICK A FLOWER FOR SOMEONE

Bring someone a drink

Invite someone to share your toys

MAKE A SNACK FOR SOMEONE

Draw a picture for someone

Smile at everyone all day

GIVE SOMEONE A COMPLIMENT

Hug someone (give them a proper squishy hug!!)

DO SOMEONE ELSE'S CHORES



Happiness Bingo

(Creative activity ideas for families)

Go for a walk as a family and find something beautiful (a flower, a puppy, a smiling person, the blue sky, sunshine) When you get home list as many beautiful things as you can remember.	Make a gratitude well, where every member of the family can leave gratitude notes for each other.	Play the Kindness game.	Have a mindfulness moment, everyone say what they can hear, what they can smell, what they can see and what they can feel by touch in that moment.
Step outside your comfort zone. Do something together that scares you.	Have a family night where you make your own family bingo!!	Have a family date night – do anything you want to do, screen free!	Take a smiling family selfie.
Eat dinner together as a family and talk about your day.	Start a family journal and at the end of every week everyone chooses their favourite thing that happened to them in that week and add it to the journal.	Draw a picture together as a family.	Have a dance off! Turn the music on and see who can be the most creative with their dance moves.
Paint rocks and leave them in the garden for people to find.	Awards night! Choose an award for every person in the family, celebrating what they are good at.	Everyone sit still for a minute and try sending love to your family members without moving or talking.	Make a list of all the places you would love to visit as a family, print off pictures and make a dream travel journal.



Happiness Bingo

(Creative activity ideas for classrooms)

Choose a nursing home, or a sister school in another country and write a letter to them, tell them all the best things in your life! Your favourite things to do, and tell them all about the people you care about.	Make a gratitude well, where everyone has to write something kind about a different person in their class each day, then at the end of the week give all the comments to the people who they are for.	Play a movie in your head. Everyone lies or sit still with eyes closed. Turn on the imaginary theatre screen in your head and play a movie on that screen about your perfect day. Pay attention to smells, tastes, and colours!	Create a collaborative artwork. Divide a poster of a favourite artwork up so each child gets one piece, then get them to recreate that piece on a larger paper. Join it together like a jigsaw puzzle to see the end result.
Sit outside for 10 minutes with your eyes closed and listen to everything you can hear. See how many noises you can remember after 10 minutes of listening.	Play the Kindness Game.	Make a gratitude tree. A fallen branch from the garden works well. Each day kids can write something they are grateful for and tie it to the tree.	Make a list of places you would love to visit. Look them up and find photos of them and stick them into a large mural of travelling dreams!
Have a clay day. Everyone gets their own lump of clay, and just squeeze it and play with it while listening to soft music.	Sit on the floor quietly and try to send an imaginary happiness rainbow to someone else without moving or talking.	Indulge in laughter. Sit in a circle and laugh- even if you have to fake it - soon enough you'll be laughing for real!	Have a class nap. Lie on the floor, and play some soft music for 10 minutes.
Paint rocks and leave them in the garden for people to find.	Awards Day! Choose an award for every member of the class and celebrate what they are good at.	Do the butterfly breathing activity!	Collect leaves from the garden and sort them into colours OR draw autumn leaves on to paper and sort them into colours.

