

Kindness Olympics Stations

1. Pat on the Back Activity Supplies: Need to cut out 100 hands and markers-will also need tape to tape onto kids' backs. Remind kids to not just write "cool" or "nice"
2. Kindness book marks (Bookmarks--print kindness slogans they can use on the making of their bookmarks) Cut out 100 cardstock bookmarks
3. Read Aloud: Words and Your Heart (Get book) Choose reader
4. Random Acts of Kindness Charades Supplies: Print the RAK
5. WEB of kindness with yarn: Yarn ball, kids can say a RAK they have done OR something kind about the person they are throwing to. Make sure they keep their end of the yarn to make the web
6. Headbandz (kind word and people guessing) Supplies: headbands and the words/people, sticky tack for each headband. Make about 15 headbands
7. Compliment musical chairs (compliment the person who gets out)-- need chairs and music player
8. Spread out cut out hearts all over the floor and have students rescue to safety using a straw. Deep breath in through their straw to get the heart to cling to their straw, hold your breath while moving the heart to safety, deep breath out to release it onto the feelings rug, our safe zone. SUPPLIES: cut out hearts, straws (100), safe zone--basket or rug. Note: let kids keep their hearts because they would spit on them from the straws so cut out enough hearts for each kiddo. AND remind the kids it is not a competition!