

Wheel Of Kindness

1. Print off the template below, cut it out and mount onto cardboard or thick paper. Alternately you can make your own using a round object (such as a coffee can or dinner plate), and a ruler.
2. Write the names of people in the sections of the circle. Such as:
 - Mom and/or Dad
 - A Friend
 - Sibling
 - A Pet
 - Stranger
 - Relative

Hint: you may want to use these broad categories of people instead of proper names

3. Pick up a plastic arrow spinner – which can be found at any craft supply store and fix the spinner to the centre of the circle.



4. Put the Kindness Wheel somewhere that everyone in your family can make use of it.
5. Have children (or perhaps all family members) spin the wheel to decide who they are going to do a kind act for.
6. Brainstorm as a family some ideas for kind acts, keeping in mind that the simplest things can often times make a big impact. For example:
 - Open a door for a stranger whose hands are full
 - A phone call to a grandparent
 - Taking a pet for a walk
 - Offering to help a sibling with a task or chore
 - Making a snack for a family member
 - Writing a letter to a friend
7. Make an effort to use the kindness wheel on a regular basis and follow-up with children on how they felt after doing a kind thing for another person. Remind them, that there are lots of opportunities to do kind things everyday!

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