

# Spreading Kindness

***Imagine a world where everyone is kind. How can we make that come true?***

Can you think of any ways to be kind? This could include ways to be kind to your family, friends, others in your community, animals and the world. There are lots of great ways we can be all be kinder. What can you do to be kind today? Why don't you make a list and challenge yourself (and your family) to do as many things as you can on your list?

Why not spread kindness by creating artwork to put up in your window for others to enjoy?



1. On a piece of paper, draw around your hand on (you could ask someone to help you with this).
2. Write some words of kindness somewhere inside the hand (e.g. be kind or smile).
3. Decorate the inside of you hand using colours, felt pens or whichever materials you have at home.
4. Carefully, cut the hand out (you could ask someone to help you with this) and pick a window to hang it up on.

