

# Kindness Jar

***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 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 encourage kindness at home by making your own Kindness Jar? All you need is an empty jar and some slips of paper.

1. Decorate your jar using any materials you have home.
2. On each slip of paper write down an act of kindness that you and your family could do.
3. Add all your slips into the jar and pick one act of kindness each day.

