

## # 3: Paper Chain of Kindness



This is a great idea from the blog [Sugar Spice and Glitter](#).

This craft is fabulous for encouraging children to reflect on the kind things people have done for them and to make them think of the kind things they can do for others. It's a lovely way to encourage children to think about paying it forward.

**What you need:** construction paper; pencils, crayons or markers; scissors, glue or tape.

**What to do:**

- Cut colourful construction paper into strips. Have a pile of strips ready and waiting.
- Encourage your kids to think about times when someone has been kind to them: when a sibling shared a toy, when the babysitter brought them some candy.
- Have the kids write (or help the younger ones write) the act of kindness on a strip of paper, and then bend it into a circle and tape or glue. Take the second one and loop it through the first and tape or glue, eventually making a long chain.
- Subtly (or not so!) remind your kids that the kind acts they perform can be added to the chain.
- Make it a challenge to see how long the chain can be.