

KINDNESS LOOPS

Kindness Loops are interlocking paper loops that children can make to help them understand how to show kindness to others and to themselves.

Your family can make **Kindness Loops** together, or a child can make them on their own and decorate with drawings.



MATERIALS

Here's what you'll need to make **Kindness Loops**:

- A template (see following page) or colorful construction paper
- Tape or glue

INSTRUCTIONS

- Adults should cut the strips of paper for the loops.
- If you are doing this activity with your children, they could color or draw an act of kindness on each strip. They can also write their message. Offer help as needed.
- If you want to leave a surprise message, write or draw your message inside a loop.
- Tape or glue the two ends of the first strip together to make a circle.
- Put another strip through the circle you made, and tape or glue its two ends together.
- Continue looping and add loops as you like.



Talk as a family how you can show kindness to each other.



Find more games and activities at pbskidsforparents.org

