

## Kindness tree

Create a kindness tree in your setting to support children's understanding and respect for others' feelings.

### Learning aims

- Awareness of others
- Expression and awareness of own feelings and emotions
- Self-care and well-being
- Understanding of and respect for others' feelings.

### Resources

In this activity, you can make a kindness tree or a kindness tree display.



### Resources for a kindness tree:

- Tree or branch with offshoots
- Bucket
- Sand and stones.

### Resources for a kindness tree display:

- A range of material to create a kindness tree display:
  - Paper and tissue paper
  - Cardboard, cardboard tubes
  - Real leaves
  - Crayons, pens, pencils, paint
  - String and scissors
  - Glue, Blu Tac, sticky tape.

## Activity outline

- Use a short circle time to introduce the idea of kindness
- Ask the children what they think kindness is
  - What is 'kind'?
  - What kind of things do you or your friends do?
  - Who is the kindest person you know?
  - Who gives the kindest hugs?
- Remember to place your kindness tree in an accessible place so children are able to reach to hang their ideas on independently.



### Using a real tree branch:

- Use a tree in your outdoor area (if you have one) or you can take the children to a local park/woods to find a large branch with lots of offshoots
- Secure it in a bucket with sand or rocks.

### A kindness tree display:

- Encourage children to choose the materials and resources they would like, to make their own tree.

## Extending the activity

- Ask staff and parents the same questions and record their responses. Adult responses will help the children to learn and encourage being kind to all
- Use a floor book or large piece of paper to map out what kindness is with the children. They may choose to tell you so you can jot it down or they may want to draw a picture
- Set up an area using sticky notes or a post box where staff and parents can post their ideas of what they think kindness is
- Remember, you can differentiate this for the younger non-verbal children; this is more about reinforcing and building up an understanding of the concept of kindness.