



5. Spreading Kindness

'One Act of Kindness won't change the world, but it may change one person's world.'

There's a lot of talk about how quickly things spread. Mainly the talk is about how quickly a virus can spread. Emotions can spread too: In fact, research says that although fear can be seen as contagious - we respond to the emotions we see in others so it can be said to 'pass' between people - so too kindness is contagious.

A Long Distance Hug

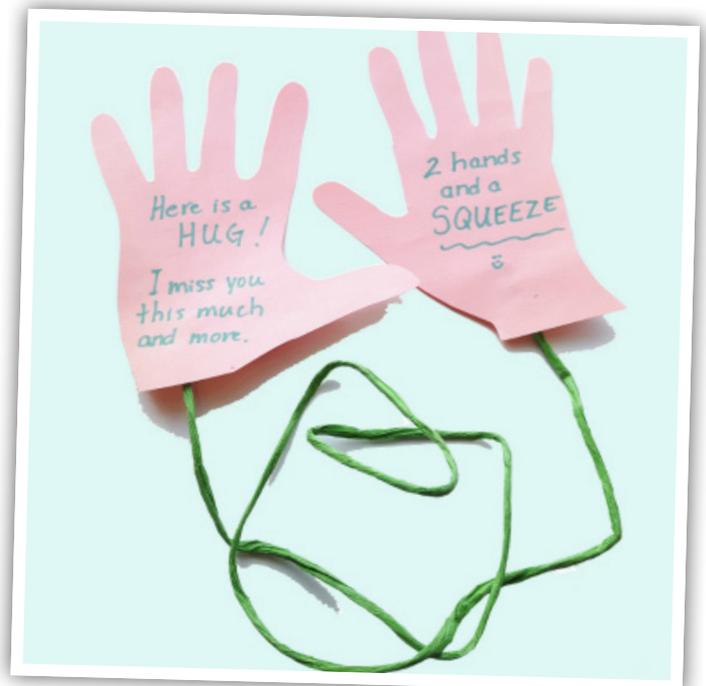
<https://afineparent.com/positive-parenting-faq/kindness-activities-for-kids.html>

If someone you know is going through a hard time, whether they've lost a family member or a pet, or are dealing with an illness, sending a long distance hug is a great way to talk to your kids about what the person is dealing with and emphasize how kindness can make others feel better. This is a great way to encourage thoughts of kindness toward friends and family far away, or even someone in the same city who might need a hug.

What you need: construction paper; crayons or markers; yarn or string; glue; scissors; envelopes and stamps.

What to do:

- Have the kids trace their hands and cut out the shapes.
- Cut a length of string or yarn and glue one end to each hand cut-out.
- Write a message on each hand, or decorate the hands. Add a small card telling the recipient that they are receiving a long distance hug.
- Mail the hug.



Plant a little Kindness

An Idea for taking your Blessing Sticks a little further...

Template is here: <https://daniellesplacestore.com/downloads/plant-a-little-kindness-plant-stake-craft/>

Use a Blessing Stick to make a plant marker and plant some leftover seeds in a local park or public space so more people can enjoy them. (You may need to ask permission of the park warden for this.)



Kindness is Contagious

Ask the Holy Spirit to guide you as you show intentional kindness to three people today.

The Ripple Kindness Effect

If you do something kind for 3 people and they do something kind for 3 other people, this is how many people could be affected.

Now imagine how many people would be happy if you were kind to everyone every day!

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Mental Health Awareness Week

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
The 7 Day KINDNESS Challenge!	Make a cup of tea for someone in your family	Send someone you haven't seen in ages a letter or a postcard	Donate food or clothes to people in need	Bake a cake or some biscuits to cheer someone up	Ask your parents for a chore that would really help them out	Video call someone you know is feeling a bit lonely	Be kind to yourself and spend some time on YOU!