

Recipe for kindness

1-6

Objective:

This is a good way to get students to think about how they can be kind and what makes a good friend.

Materials:



Felt pens



Pieces of paper



Method:

- With your students, discuss and list what qualities they think make a kind person.
- Ask your students to put the list into a recipe format (*see example below*).
- Make a display of your students' recipes.

RECIPE FOR *kindness*

FROM THE KITCHEN OF

METHOD

Mix ingredients together.

Enjoy!

INGREDIENTS

- 1 cup of kindness
- 3 heaped tablespoons of laughter
- 50g of smiles
- A pinch of gentleness
- 1 litre of sharing
- 1 teaspoon of happiness
- 100g of helpfulness
- Sprinkle of cheerfulness

