

Kindness Garden



In the weeks leading up to Valentine's Day our class focused on kindness. Each day we would talk about things the students could do to be kind and what it means to be kind to others. We would brainstorm things each student could do to show kindness throughout the day.

We started with a garden that was empty except for a field of grass. As the students completed acts of kindness, they would write them onto their "I am Kind" flower petals then color the petals. Once the petals were filled with kind

tasks and bright colors, they would “plant” them in the garden, creating kindness flowers. As more and more kindness flowers were completed, the class was able to see the flowers and the garden “grow” with kindness.

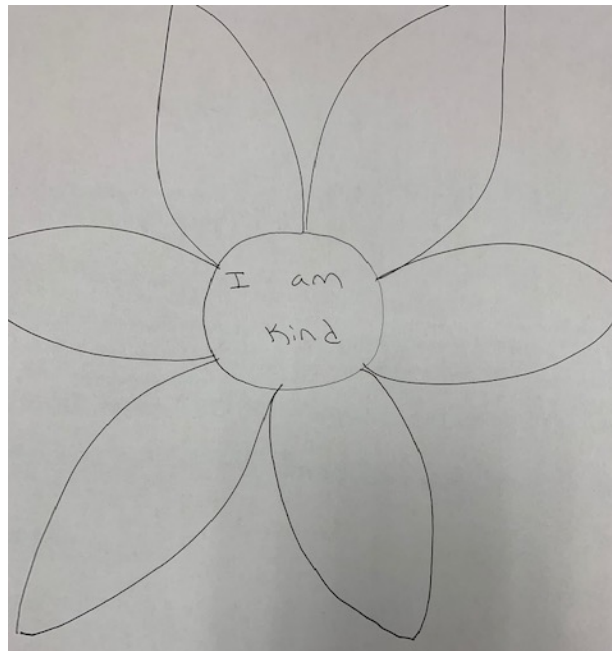
Step 1: Brainstorm ways to be kind

Step 2: Have students complete acts kindness

Step 3: Students write the completed act of kindness on the petal and color it

Step 4: Once all petals are colored and filled with acts of kindness, have students “plant” their flower in the kindness garden

Step 5: Repeat 😊



Courtesy of Meredith Cashman, K-4 Special Education
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