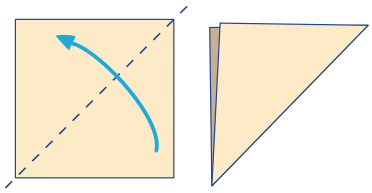
Make a Kindness Catcher

An act of kindness can be very simple. You can give someone a high five or a compliment (or both!). You can tell a joke or share a toy. No matter what it is, acts of kindness make us smile. Make a Kindness Catcher to help you share acts of kindness.

What To Do

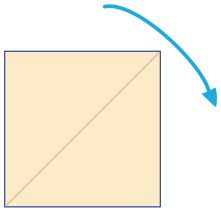
Step 1

Get a square piece of paper and fold it in half to make a triangle. Make sure the corners meet.



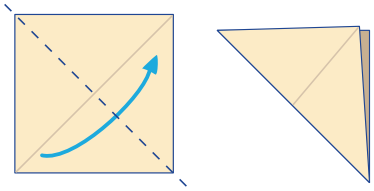
Step 2

Unfold it so you have a square again.



Step 3

Fold the square again to make a triangle, but use the other two corners you didn't use before.

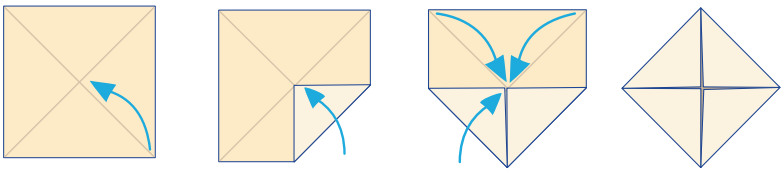


Step 4

Unfold it so you have a square again.

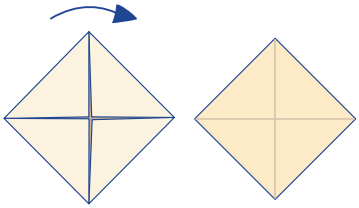
Step 5

Fold each corner point into the centre. You should have 4 flaps.



Step 6

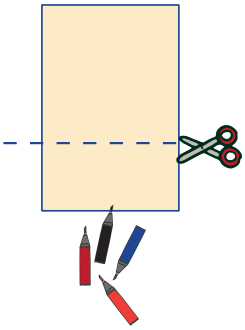
Turn the paper over so the flap side faces down.



What You'll Need:

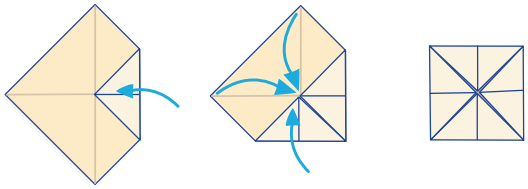
A square piece of paper.

Markers or coloured pencils



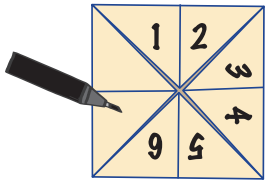
Step 7

Fold all four corner points into the centre again. You should have 4 flaps with 8 small triangles.



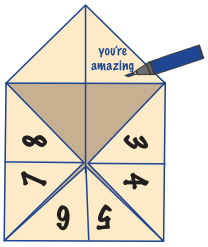
Step 8

Write the numbers 1-8 on each of the triangles.



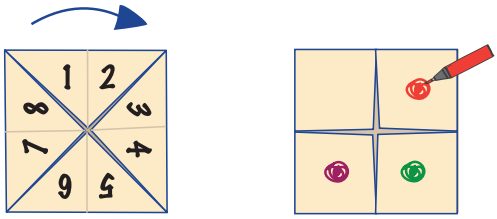
Step 9

Lift each flap and write an act of kindness on the underside of the small triangle. Do this until you have an act of kindness for each small triangle.



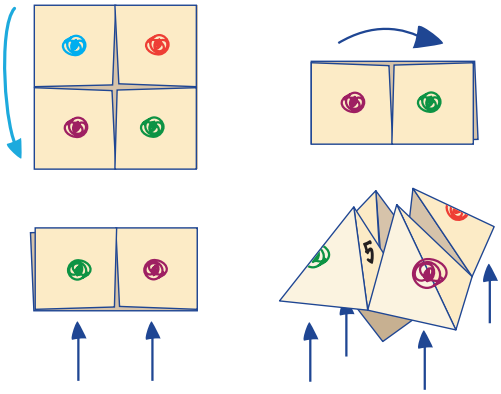
Step 10

Flip it over and mark a different coloured dot with a marker or coloured pencil on each of the 4 flaps.



Step 11

Fold paper in half. Using both hands, slide your thumb and index fingers under each flap to open your paper kindness catcher.



How To Play

1. Have a player choose one of the top four squares. Spell out the colour they chose while you open and close the Kindness Catcher, once for each letter in the colour they selected.
2. Now have the player choose one of the four numbers on the inside. Open up and down and side to side as you count the right amount they picked.
3. When you've stopped counting, look inside and let the player choose again. Open and close the right number of times, then choose once more.
4. Open the panel under the number and read the act of kindness under the panel.
5. Play again and again!