Recipe for kindness

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