



Make change

Growing cups of kindness

Stage

1

45 mins



Skills builder



What you'll get out of it

- Be kind.
- Make someone smile.

What you'll need

Per group:

- Slips of paper
- Glue
- A cup of water
- A spoon
- Seeds of your choice
- Colouring pencils
- Coloured tissue paper
- A small bag of potting compost

Per girl:

- A paper cup
- Gloves
- A lollipop stick
- A rectangular sticky label

Aim of activity

Make your community a kinder place. Plant and decorate a cup of kindness and use it to put a big smile on someone's face.



WE DISCOVER, WE GROW

Girlguiding



Make change

Stay safe

- Check that nobody is allergic to any of the items you're using.
- Wear gloves to handle compost and take care not to breathe in the particles.
- Wash your hands after the activity.
- Seeds are for planting, not eating. Keep them away from your mouth!



What to do

1 Talk with your leader about what an act of kindness is. It's something that people do just to be kind and make someone smile. It's also a great way to make a small but good change to people around you. Let's find out how it feels.

2 Everybody take a slip of paper and get into pairs. On your paper, write a kind message for your partner or draw a picture you think she'll like.

3 Swap papers with your partner and explain what you've written or drawn. Talk as a large group how it felt to show and be shown kindness.

4 Can you think of anyone who's been kind to you and who you'd like to do something kind for in return? For example:

- A friend
- A teacher
- A relative
- A school librarian or crossing patrol officer

Your leader will note down your ideas.

5 Now you're going to make something special to show kindness. Get into small groups. Your leader will give your group sheets of coloured tissue paper, glue and one cup per girl.

6 Decorate your cup by tearing off pieces of coloured tissue and sticking them to it. Keep going until your cup is bright and beautiful.

7 Next, your leader will help you to put compost in your cup. Drop your seeds on it then add a sprinkling of compost and water on top (not too much water though!)

8 Now we need to add a kind message. Decide who your cup of kindness will be for. Peel a label off it's backing and fold it in half around the top of a lollipop stick, like a flag. Then decorate it with a special picture or message for the person you're giving it to. Gently poke your flag into the compost.

9 Come together as a group, show each other your cups of kindness and talk about who you're going to give them to.

10 Take your cup of kindness with you after the meeting, then go with an adult to deliver it and give someone a lovely surprise!

Try it this way

Your leader may decide to deliver your cups all together to a group of people, for example, to a local fire station or care home.