

Kind World Explorers

HARMONY

Gratitude Generosity Forgiveness



Presented by

CAMP KINDNESS COUNTS
Empowering, Inspiring and Connecting Kids with Kindness

supported by

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GG Greater Good
SC Science Center

*Special thanks to the many people
who contributed to this guidebook*

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“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

- Leo Buscaglia

Hello!

Are you ready to go on an adventure to discover your character strength powers? When we practice character strengths such as Gratitude, Generosity, and Forgiveness, this helps us to become courageous and kind people, which helps to create a kinder world. Welcome to the Kind World Explorers Guidebook, a tool to support parents in raising compassionate and courageous kids!

This guidebook is filled with activities you can do with your family and friends to build on specific character strengths. By developing a strong character, we build happier, kinder, and stronger communities!

Families can explore these character strengths through 3 themes: My World, Your World, and Our World.

- **My World** - Focus on the character strength and myself.
- **Your World** - Focus on the character strength and those around us.
- **Our World** - Focus on the character strength and our community and world.

We encourage you to have discussions on each activity and think of ways to extend the learning into your everyday life. Building kind character is like learning to ride a bicycle. The more we practice, the better we will get - and the better we get, the more natural it becomes!

Thank you for joining us on this adventure and helping make the world a better place. Have fun and enjoy exploring!

Let's connect with Kindness,
Team Camp Kindness Counts

About Us

Camp Kindness Counts believes in the power of kindness as foundational for children and families to creating a happier, healthier and stronger world. When we formed in 2012, the initial response from parents surprised us and the reactions from the kids inspired us. It became clear that taking time to show kids simple acts of kindness can make a positive impact around them. Simple acts of kindness made them feel like “superheroes,” that they were important, and that their thoughts and actions mattered! We became a 501c3 nonprofit organization in 2014 and expanded our programming to schools and communities near and far since then.

We are committed to providing families and children tools for character development, which helps foster social emotional well-being and opportunities for service and social action. These tools and learnings help build a generation of compassionate, strong leaders and community members. Families and youth build on crucial character strengths, such as compassion, perseverance, and forgiveness, while making a difference in themselves and in turn the community. We aim to build on a culture of kindness in our schools and communities and we believe youth and families, when inspired and empowered, are the people who can help make this happen! TOGETHER we can encourage kindness and character development as central values and watch our family, school, work, and community life flourish!

MISSION

We empower kids and families to embrace kindness as a core value to community building. We encourage kids to embrace their authentic selves through mindfulness. We believe that when kindness and authenticity are embraced as societal values, the youth of today are better equipped to shape the world as confident, compassionate leaders.

VISION

We envision a world where young people feel confident, curious, and productive. These youth will lead their communities and schools to adopt a culture of kindness and compassion.

VALUES

- Listen deeply to the thoughts, feelings, and ideas of kids
- Foster connected and supportive communities across parents, schools, and kids
- Nurture ourselves and those around us through compassion and mindfulness
- Inspire leadership by nourishing creativity and acts of kindness
- Express joy and gratitude through our thoughts, words, and actions
- Embrace a worldview in which each person can make an impact locally and globally

The next pages contain tips to help your community put these activities into practice. With a little planning and communication, you can share simple but powerful activities with your children, helping them become kind leaders of tomorrow!

Creating a Compassionate Community

Leading a Kind World Explorers Meeting

It doesn't take magic, only preparation. You can create your Kind World Explorers group with just your family or a group of families to foster community. Here are a few ideas on how to sequence activities to create a sense of community and foster positive and supportive connections with all participants! Feel free to use the ideas that would be helpful to your group! Both caregivers and kids are encouraged to participate in the activities.

Setting a Consistent Routine

Children of all ages thrive on routine. By practicing a regular routine, all participants will know what to expect and what to do once everyone is ready to get started. Greeting participants by name when they arrive, and guiding them to join the pre-gathering activity, are positive ways to welcome everyone to the gathering space.

Before the Meeting

- Arrange your meeting space so that participants can begin in a welcome circle. When we sit in a circle, we experience a stronger sense of community. Sometimes the space available doesn't allow for forming a perfect circle. This is an opportunity to get creative in finding the best way to gather with your group!
- Choose a separate area/table to set up all the materials for the Kind World Explorers activity
- Optional: Prepare a poster with today's character focus and circle guidelines/expectations
- Optional: Provide an attendance sheet for parents to sign in when they arrive.

Pre-Gathering Activity Suggestions

Some families/participants may arrive early. Planning a calming activity that participants can do with little direction from you will leave you with free time to greet parents or get the last details set up for the meeting. Choose activities that allow participants to join in at any time. Some suggestions include:

- Artwork: crayons, markers, paper or coloring books on a table
- Books to read in a quiet space
- Puzzles, word searches, or simple games

Transitioning and Attention Getters

For smoother transitioning from one activity to the next, give participants a signal before the end of this activity. Some suggestions include:

- You might say: *"We will be cleaning up in five minutes so we can gather around the circle and begin our meeting."*
- Sound a drum or another object which makes a sound like a bell or spoon on a pot.
- Create a clapping pattern and have the group repeat the sound when they hear it (clap, clap clap, clap).

Kind World Explorers Curriculum

Setting Expectations

The first time your group gathers, it may be helpful to have everyone share how they want to feel and reflect on what can be done to help make that happen! Using the **Club Pledge handout** in the back of the book, reflect on what is important to your group. How will you agree to treat each other? How do you want to feel when you are here? What needs to happen in order to allow that feeling?

Opening Circle Activities (5-10 minutes)

By inviting all participants to gather and sit in a circle, this gesture signals that it is time to begin your meeting. Leaders are encouraged to sit in the circle, be active listeners, and model the activity for the group. Plan for an opening activity to set the tone. Some ideas include:

- Reciting the Club Pledge
- Reviewing the activity
- Talking about the day's goals
- Mindfulness/Breathing activity
- Talking about character strength
- Introducing the "Opening Question"
- Ask a question about favorite activities, foods, or colors and practice kind listening

Tips for effective opening circles:

- Provide a talking piece that can be passed from one person to another. A talking piece is an invitation to share with the group and ensures that everyone gets an opportunity to share without interruptions. Examples include a small, soft toy, a special stick or stone, or some other object that can withstand being passed multiple times.
- The first person decides which direction the talking piece should go. Participants may share or pass the talking piece to the next person in the circle. Keep track of time and help to gently keep the talking piece moving so everyone has a turn to share.
- Model for participants how to respect the talking piece by giving the person who is holding it their full attention.

My/Your/Our World Activity (10-45 minutes depending on group size)

- Introduce the activity character strength
- Model how to use and share the materials before allowing participants to begin
- Assign specific jobs for cleaning up after the activity
- Share what participants may do if they finish their activity before others

“Character Connection, Kinder World, and Hints”

Take a look at the **Character Connection** to help explain how the activity relates to the character strength, and the **Kinder World** section to help explain how the character strength contributes to a kinder world. Check out the **Hints** section for more conversation ideas.

“Kind World Passport and Next Steps” (5-10 minutes)

Complete your Kind World Explorers activity 5-10 minutes before the end of your time together. Doing so will be helpful in dedicating that time for reflection and celebration! Invite all participants to gather and share a brief comment about their experience.

- **Reflection:** Ask participants to reflect on what they learned. Hand out Kind World Passports to participants and encourage them to write a few words or draw a picture about the activity.
- **Extension:** The **Next Steps** section of your guidebook offers additional ideas to practice the character strength during the week or month!
- **Celebration:** Lead the group with a quick, lively song, chant, cheer or high five celebrating the community’s effort and accomplishments that day. You can celebrate the hard work of the session by acknowledging group agreements, how individuals helped others, and group problem solving. There are many possibilities, so feel welcome to come up with your own ideas as well.

Kind World Passport

Once your family or group completes all activities for a character strength -- My World, Your World and Our World -- each participant receives a sticker indicating they learned all about that character strength and can place the sticker in their Kind World Passport. The whole family can now refer to that character strength in their conversations, as well as seek opportunities to build it further in their daily life!

Using the Handouts

In the back of the curriculum, you will find a set of reference handouts. You have three options:

1. Photocopy from the book
2. Print from the web version
3. Recreate using pen and paper

Harmony

Coming together in agreement and unity.

Gratitude

Generosity

Forgiveness

Harmony is critical to our sense of community and connection. When we express gratitude and generosity, and have a system in place to facilitate forgiveness, these emotional tools are helpful building blocks to embracing a sense of harmony, whether within a family, school, or neighborhood.

Gratitude is *feeling thankful and appreciative*, which is an important part of building harmony. The best way to foster gratitude in children is to increase the times they experience gratitude, as well as their awareness of it.¹ Move beyond telling kids to say “thank you” and guide them to **Notice** the feeling of being grateful. Adults can help kids understand gratitude through reflection by encouraging them to **Think** about why it is meaningful, how they **Feel**, and what they will **Do** to express their happiness and gratitude.²

We demonstrate **Generosity** by *giving and sharing with others*. We can demonstrate generosity by modeling it with kids, helping them understand **why** we act generously, showing the impact, and connecting the act to their personal interests. These are great evidence-based behaviors for building generosity.³

When we are open to **Forgiveness**, or *letting go of grudges*, we can develop harmony. Modeling forgiveness shows kids that it is a good thing to do even when it doesn’t feel easy. Kids learn to forgive when they can separate the action that caused harm from the person who did it – a heartfelt apology can go a long way! Building empathy for the person they are upset with will also help, where building anger makes forgiveness more challenging. Additionally, seeing the value and positive impact of their friendship or connection with the person will motivate kids to see the reasons to forgive.⁴

¹ Rothenberg, W. A., Hussong, A. M., Langley, H. A., Egerton, G. A., Halberstadt, A. G., Coffman, J. L., ... & Costanzo, P. R. (2017). Grateful parents raising grateful children: Niche selection and the socialization of child gratitude. *Applied Developmental Science*, 21(2), 106-120.

² *What Parents Neglect to Teach about Gratitude*, by Andrea Hussong. <https://greatergood.berkeley.edu>

³ *How to Help Kids Learn to Love Giving*, by Jason Marsh. <https://greatergood.berkeley.edu>

⁴ Fehr, R., Gelfand, M. J., & Nag, M. (2010). The road to forgiveness: a meta-analytic synthesis of its situational and dispositional correlates. *Psychological Bulletin*, 136(5), 894.

Guidebook Activity Options

Start with a character strength (Gratitude, Generosity or Forgiveness)! Once you select your character strength, we recommend completing all the “world” options before you begin another. For example, begin with My World, then go on to Your World and end with Our World. There are 2 activity options to choose from. **Choose 1 option** per “world” based on what works best for your group or family.

Gratitude: *feeling thankful and appreciative*



Gratitude Journals

OR

Embodying Gratitude



Affirmations

OR

What If We Didn't Have



Thank You Cards

OR

Zoom Out Gratitude

Generosity: *giving and sharing with others*



Generosity Relay

OR

Quilt Weaving



Smile Cards

OR

The Giveaway



Paper Flower Delivery

OR

Bookmarks

Forgiveness: *letting go of grudges*



Letter Writing

OR

Self-Forgiveness



Cup Stacking

OR

Forgiveness Squares



Dogs and Forgiveness

OR

Dog and Cat Toys

Check out our website for more resources related to each character strength! www.campkindnesscounts.org/characterportal

Gratitude: My World

Feeling thankful and appreciative

What do I notice in my life for which I am grateful?

Option 1: Gratitude Journal Making

Materials:

plain letter-size paper, construction paper or cardstock, stapler or string, hole punch (optional)

Opening Script:

“Today, we will learn about gratitude. What do you think gratitude means? [Invite participants to share their own ideas.] To some, gratitude means feeling thankful and appreciative. What do you notice in your life for which you are grateful? [Invite participants to share their own ideas.] Today we are going to practice gratitude by creating a journal!”

Activity:

Fold the **plain paper** in half to turn into a booklet. Fold the **construction paper** or **cardstock** in half and place it over the plain paper booklet, as a cover. To bind it:

a) **Staple** it in two areas along the folded edge

OR

b) Use a **hole punch** to punch two holes along the folded edge of the booklet (you may need to do a few pages at a time) and weave the **yarn** through the holes before tying a knot to bind it.

Decorate the cover and, if you want, add a top border on each page. Start the journal by having kids fill out at least 1 page with words or drawings of moments or things that they are grateful for. Moving forward as a family, reflect by writing or drawing, on what you feel grateful for that day, week, or month! Later, if you are having a sad day, open your book to remind yourself of everything you have to be grateful for!

MY WORLD: Focus on Gratitude and Myself.



Character Connection

This activity helps participants to practice gratitude as a part of their everyday life. Studies show that an effective way to raise grateful children is to encourage them to take the time to notice what they are thankful for, to think about it and examine their feelings, and to do what it takes to show gratitude.



Kinder World

Several studies have found that grateful people are more helpful and generous. This can help to increase kindness in our world!



Hints

If children are having a difficult time thinking of things to be grateful for, ask them to stop and look around them. Parents can model noticing what they are grateful for in the world around them and how it makes them feel. They might see a water bottle next to them which reminds them to be grateful for clean water to drink. They might look out the window and think about being grateful for sunshine or squirrels to entertain them for a moment. Often, it only takes one or two examples to get kids' minds racing as they think about all the things in their lives to be happy about!



Next Steps

Start each day noticing what you are grateful for by thinking of something that begins with a letter in your name or any letter of the alphabet! Was it the lunch someone made for you? The smile your friend gave you at school? Next, think about why this happened and how it makes you feel. Lastly, what can you do to show your appreciation? Practicing gratitude in the morning can set the tone for the rest of your interactions all day.

Gratitude: My World

Feeling thankful and appreciative

What do I notice in my life for which I am grateful?

Option 2: Embodying Gratitude

Materials:

crayons/markers

Opening Script:

“Today, we will learn about gratitude. What do you think gratitude means? [Invite participants to share their own ideas.] To some, gratitude means feeling thankful and appreciative. What do you notice in your life for which you are grateful? [Invite participants to share their own ideas.] Today we are going to practice gratitude by feeling it for our own bodies!”

Activity:

Draw a picture of yourself and illustrate why you are grateful for various parts of your body. All bodies are different, some people have a wheelchair to help them move, others have glasses to help them see, sometimes our bodies hurt and need casts and time to heal. We all have strong parts of our body that help us do things that we really love! Why are you grateful for YOUR body? Do your hands help you work on your favorite hobby? Are your legs and feet able to make you kick far or jump high? Does your brain help you to read all the books you love? Or maybe your ears help you to hear music you love and create music of your own!

MY WORLD: Focus on Gratitude and Myself.



Character Connection

This activity encourages participants to think about body parts that are usually taken for granted, prompting gratitude for them. Studies show that an effective way to raise grateful children is to encourage them take the time to notice what they are thankful for, think about it, examine their feelings, and do what it takes to show gratitude for it.



Kinder World

Several studies have found that grateful people are more helpful and generous. This can help to increase kindness in our world!



Hints

Many of our messages to children are concerned with things they could do better, but it is important to spend energy focusing on the things they already do well. Help them recognize that their bodies are working all the time to keep them healthy without even trying. Can they point out things that happen in their bodies that they take for granted or simply don't think about?

Try to find at least one thing you are grateful for by area of your body. For example: eyes help us see, the heart beats, the stomach digests food, hips help us sit or stand, legs get us moving, feet take us on a walk. What can you do to take care of the area of your body that you appreciate



Next Steps

The next time you are sick or injured, can you take a minute to thank your body's defenses and strengths for helping to heal you? Can you take a moment to notice what part of your body is letting you do what you want each day and be grateful for it? Say it out loud or silently in your head: "Thanks feet, heart, hands etc.!"

Gratitude: Your World

Feeling thankful and appreciative

**How do I feel when I think about how grateful
I am for those around me?**

Option 1: Affirmations

Materials:

3x5 index cards or small slips of paper, pencil/marker, optional: hole punch, yarn

Preparation:

Make a stack of **papers/index cards** for each person in the group. The stack will include 1 slip of paper/index card per person. For example, if there are 4 people in the group each person will have a stack of 4 papers/index cards.

Opening Script:

“Now, we will learn about gratitude within our group. Remember, gratitude means feeling thankful and appreciative. How do you feel when you think about how grateful you are for those around you? [Invite participants to share their own ideas.] Now we are going to practice gratitude by writing affirmations! Think about each person in our group and one thing about them that you are thankful for.”

Activity:

Sit in a circle and write the name of each person in the group on the top of a different index card, leaving space below to draw or write. This means each participant will also write their own name on one of the cards. Then take a moment to write or illustrate what you are grateful for about that person.

Once everyone has finished their cards, sit in a circle and share the feedback. For example, choose one participant to talk about and have each of the other participants share what they are grateful for about that person. The person everyone is sharing about will also share what they are grateful for about themselves! Each group member will then hand them the card that they made, and that person will end up with a stack to take home! Move on to the next participant and continue the process. If you have **hole punched** the cards, gather each participant's card stack and tie with **yarn** so they won't get lost.

YOUR WORLD: Focus on Gratitude and those around us.



**Character
Connection**

This activity encourages participants to find things to appreciate in others, showing gratitude for them. It also encourages self-appreciation at the same time! Studies show that an effective way to raise grateful children is to have them take the time to notice what they are thankful for, think about it, examine their feelings, and do what it takes to show gratitude for it.



Kinder World

Several studies have found that grateful people are more helpful and generous. This can help to increase kindness in our world!



Hints

Help participants get creative about the kinds of things they appreciate in others. Maybe you are grateful for their smile, that they listen, or share. Try thinking about others' gifts, such as drawing skills, great dance moves, or offering help when they see someone in need. Are there specific things that someone has done that make you grateful for them? How can you show your appreciation in return?



Next Steps

When you think about the kinds of things you appreciate in other people, how do you feel? Are there some things you like about someone else that you also like about yourself? Do you appreciate kindness? A sense of humor? People who stick up for others? How do your friends show you that they are your friend? How do you show that you are a friend?

When writing about yourself, can you guess what one of the other people will appreciate about you? Do you also appreciate yourself for the same reason?

Gratitude: **Your World**

Feeling thankful and appreciative

**How do I feel when I think about how grateful
I am for those around me?**

Option 2: “What If We Didn’t Have”

Materials:

paper, pencil/crayons/markers

Opening Script:

“Now, we will learn about gratitude out in the world. Remember, gratitude means feeling thankful and appreciative. How do you feel when you think about how grateful you are for those around you? [Invite participants to share their own ideas.] Now we are going to practice gratitude by creating what-if situations.”

Activity:

Each participant writes or draws 8 or more things which they like or they consider important and see in their home, outdoors, school or community (example: bus, light bulb, trees, street, playground, blankets). Sharing one item from their list at a time, take turns sharing and thinking about how life would be if the world didn’t have that item.

Example: “What would it be like in a house if there were no windows? Close your eyes and see if you can imagine what that would be like.”

At the end of the activity, ask, “As you look around, are there things that you feel grateful for now that you didn’t notice before?” Take turns sharing what you are grateful for and why. You can show your gratitude by taking care of the items or simply appreciating them regularly!

Optional: Invite older participants to write a short paragraph about this.

YOUR WORLD: Focus on Gratitude and those around us.



Character Connection

This activity encourages participants to investigate things often taken for granted in their lives, prompting gratitude for them. Studies show that an effective way to raise grateful children is to have them take the time to notice what they are thankful for, think about it, examine their feelings, and do what it takes to show gratitude for it.



Kinder World

Several studies have found grateful people are more helpful and generous. This can help to increase kindness in our world!



Hints

Encourage kids to imagine not having the things they are grateful for. How does it feel to have these items and how could we take care of them?

Some items inside a home that we often take for granted might include: fridge, stove, blankets, windows, doors, walls, electricity, clean water, toilets and showers.

Some outdoor items that we often take for granted might include: trees, grass, flowers, fruits, lamp posts, traffic lights, paved roads, cars, bicycles, buses and covered bus stops.



Next Steps

Can you take a moment every day to think about and be grateful for the things you see most days but may not take the time to appreciate? Not only things that make your life easier, but things that offer beauty and happiness to you in your daily life - like the bus driver, your favorite flowers in the park, or the teacher who always helps when you need it?

Gratitude: Our World

Feeling thankful and appreciative

What do I do to show my gratitude towards others?

Option 1: Thank You Cards

Materials:

paper of any type, crayons/markers, optional: stickers, glue, scissors

Opening Script:

Now, we will learn about gratitude out in the world. Remember, to some, gratitude means feeling thankful and appreciative. How do you show your gratitude? Now, we are going to practice gratitude by creating thank you cards!"

Activity:

On a piece of **paper**, make a list of people who take care of your community every day: people who keep you safe, people who deliver packages, people who prepare or grow food, people who teach you about the world, etc.

Pick 3-5 of those people and make cards for them! Fold several **pieces of paper** in half, like a card. Illustrate or write about why you are grateful, how they make an impact on your day, and how that makes you feel.

Deliver the cards in person if you can, or mail them to express your appreciation!

OUR WORLD: Focus on Gratitude towards our community and world.



Character Connection

This activity encourages participants to show gratitude towards other people even those they may never meet. Studies show that an effective way to raise grateful children is to have them take the time to notice what they are thankful for, think about it, examine their feelings, and do what it takes to show gratitude for it.



Kinder World

Several studies have found grateful people are more helpful and generous. This can help to increase kindness in our world!



Hints

It might help to have kids go through their weekly routines to think of people that don't immediately come to mind so that they can get creative about their list.

Here are some ideas of people to make cards for: firefighters, garbage truck drivers, police officers, 911 dispatchers, post office workers, bus drivers, farmers, construction workers, news reporters, nurses, doctors, veterinarians, librarians, secretaries, school principals, teachers, etc.



Next Steps

Can you think about people you wouldn't normally think to be grateful for and see if you can come up with a reason to appreciate them as well? Maybe a custodian, park ranger, postal carrier, cashier, or garbage collector!

Gratitude: Our World

Feeling thankful and appreciative

What do I do to show my gratitude towards others?

Option 2: Zoom Out Gratitude

Materials:

Zoom Out handout, crayons/markers

Opening Script:

“Now, we will learn about gratitude within our community and beyond. Remember, gratitude means feeling thankful and appreciative. How do you show your gratitude? [Invite participants to share their own ideas.] Now we are going to practice gratitude by zooming out beyond our small circle!”

Activity:

Using the **Zoom Out handout**, illustrate who you are grateful for in each layer:

In the middle circle, who are you grateful for in your family?

In the next circle, who are you grateful for in your neighborhood or community?

In the next circle, who are you grateful for in your state or country?

In the next circle, who are you grateful for around the world? Who makes the food you eat or the clothes you wear, that you may never meet?

As you illustrate each person, send them kind thoughts and wishes.

OUR WORLD: Focus on Gratitude towards our community and world.



**Character
Connection**

This activity encourages participants to investigate things often taken for granted in their lives, prompting gratitude for them. Studies show that an effective way to raise grateful children is to have them take the time to notice what they are thankful for, think about it, examine their feelings, and do what it takes to show gratitude for it.



Kinder World

Several studies have found grateful people are more helpful and generous. This can help to increase kindness in our world!



Hints

Discuss with the participants what they can do to express their gratitude to each of these people. For example: Can you express how grateful you are with a smile, helping someone even though they didn't ask for help, or sharing what you are grateful about verbally or by writing a letter or drawing a picture?

Some of the participants might need help to think about gratitude towards the community. An example could be the driver of garbage trucks, without whom, the garbage would just pile up and start to smell and rot. At the state or country level, it could be a governor approving the required seat belt or no-plastic-straws law.



Next Steps

Can you aim to do at least one thing every week to show your gratitude to someone else? Besides saying "thank you," what are some ways you can show people you appreciate them? What if you help to pick up trash in the park? Can you give a homemade gift or card to bring to someone who helps in our community?

Generosity: My World

Giving and sharing with others

How does it feel to be generous?

Option 1: Generosity Relay

Materials:

empty jars, buckets, or other containers, paper scraps rolled into 2-inch balls, spoons

Opening Script:

“Today, we will learn about generosity. What do you think generosity means? [Invite participants to share their own ideas.] To some, generosity means giving and sharing with others. How do you feel when you act in a generous way? [Invite participants to share their own ideas.] Today we are going to practice generosity by playing a relay game.”

Activity:

As a group, share how you feel when someone is generous towards you. Take turns sharing examples of times when someone was generous toward you. Now can you think of a time when you were generous to someone else? Share with the group. Did you help or share something with someone?

Divide the group into teams and line up at one side of the room/space. Give each group a **spoon**, and an equal number of **paper balls** (at least one paper ball per participant). At the other end, place the **empty containers**. In relay race style, have members from each team walk with a ball balanced on the spoon and place it in the container. They cannot touch the ball as they're moving, and if it falls, they need to start over. Parents, keep in mind to be flexible as needed. As each team member approaches the container, they share something they can do to show generosity, and then run back to the group and pass the spoon to the next person who repeats the process.

See if each team can get every paper ball in the container! Teams can share their ideas of generosity with each other.

MY WORLD: Focus on Generosity and Myself.



Character Connection

This activity is a playful way to encourage participants to think about various acts of kindness that they could perform. Research indicates that role modeling generosity for children encourages them to be more generous.



Kinder World

Generous deeds are acts of kindness towards others. Plus, generosity is contagious which can help spread kindness in our world!



Hints

Acts of generosity don't have to be big to be valid. If participants are stuck on ideas, ask them to focus on things like offering a smile to a classmate in the hallway, holding the door for someone behind them, picking up a pencil for someone whose hands are full. What does it feel like when those small acts of generosity are recognized?



Next Steps

The next time someone is generous to you, can you take the time to share how you feel? Parents can role model this feeling. For example, let them know "It made me feel happy when you shared your ball with me today at recess!" or "I felt respected when you listened to my story or problem so patiently."

Generosity: My World

Giving and sharing with others

How does it feel to be generous?

Option 2: Quilt Weaving

Materials:

Quilt Weaving handout, construction paper or plain letter size paper, crayons/markers/pencils, scissors, glue/tape

Preparation:

With the group or before the group arrives, cut strips of **different colored paper** 1 inch wide and 10 inches long. Cut on the dotted lines of the **Quilt Weaving handout** or copy this pattern on to additional papers for each person. This will be the base for the weaving pattern.

Opening Script:

“Today, we will learn about generosity. What do you think generosity means? [Invite participant to share their own ideas.] To some, generosity means giving and sharing with others. How do you feel when you act in a generous way? [Invite participant to share their own ideas.] Today we are going to practice generosity by creating a quilt with generosity ideas!”

Activity:

Each participant should get the same number of **strips of paper** and one **square paper** for the base.

Each participant takes one paper strip and weaves it across the slits, going over and under the slits, creating a checkered-like pattern. If one strip goes over then under the slits, the next strip will go under then over the slits. When the paper square is full, flip it over and apply tape or glue to the end of the paper strips, so they won't move.

Have each participant write one thing they can share with others on each paper strip, putting one word per square to form a sentence along a row. Example: For the sentence “Donate 3 toys,” the 1st little square reads ‘Donate’, the 2nd square of the same color reads ‘3’, the 3rd square reads ‘toys’. The 4th square will get a checkmark when the participant does that act. Hang the quilts up at home for participants to fill out with checkmarks as they complete their acts of generosity.

MY WORLD: Focus on Generosity and Myself.



Character Connection

This activity encourages participants to generously perform acts of kindness. Research indicates that role modeling generosity for children encourages them to be more generous.



Kinder World

Generous deeds are acts of kindness towards others. Plus, generosity is contagious which can help to spread kindness in our world!



Hints

Help participants think of ideas that are easily accomplished so that they don't feel overwhelmed or make promises they can't keep. In other words, avoid something like, "Invite all the neighbors for a sleepover!"

Other ideas for kids might be: share cookies with a neighbor, hold a door open for someone, change an empty toilet paper roll, greet the bus driver; surprise a teacher at the end of class with a high five and a "thank you"; leave a happy note for a family member; wash everyone's dishes after a meal.



Next Steps

Use the other side of the paper to write about times when others were generous to you! Maybe those examples of generosity will inspire you to do new things for others in the future!

Generosity: **Your World**

Giving and sharing with others

How can I be generous to the people around me?

Option 1: Smile Cards

Materials:

tape, large piece of paper (large crafting paper or a few papers taped together) for each child, small 2x2 inch pieces of colorful paper or decorated plain paper, enough to form a border around the large paper

Opening Script:

“Now, we will learn about generosity within our community. Remember, generosity means giving and sharing with others. How can you be generous to the people around you? [Invite participants to share their own ideas.] Now, we are going to practice generosity by creating Smile Cards!”

Activity:

A smile and happiness are simple things to share! Each participant will make a poster to remind their family or community to share a friendly smile when they approach or walk past someone! Decorate the **2x2 inch cards** with smiley faces as a reminder to smile at someone. Make other symbols if you want to: two stick people can be a reminder to make a new friend, a flower can be a reminder to share what we have or share time by helping someone out! Use the tape to attach the cards to the edges of the poster. When someone passes by, they can take a card as a reminder, and pass it on to the person with whom they share the generous act! Hang it up at home.

YOUR WORLD: Focus on Generosity and those around us.



**Character
Connection**

This activity encourages participants and those around them to generously perform acts of kindness. Research indicates that role modeling generosity for children encourages them to be more generous.



Kinder World

Generous deeds are acts of kindness towards others. Plus, generosity is contagious which can help to spread kindness in our world!



Hints

There are lots of different ways to be generous with others that don't cost us anything. Help kids be creative about the things they can do to show others their generosity.

Participants can take the small cards when they go visit other people or to a gathering. Having the card with them (in a pocket or small bag) will serve as a reminder to do that generous act wherever they are!



Next Steps

Can you practice being generous with someone at school or a family member? Parents can role model this! Maybe share a toy, snack or idea with someone. Were you excited or hesitant for any reason? What did it feel like after?

Generosity: **Your World**

Giving and sharing with others

How can I be generous to the people around me?

Option 2: The Giveaway

Materials:

paper, scissors, pencils/crayons/markers, small container/bag/box

Opening Script:

“Now, we will learn about generosity within our community. Remember, generosity means giving and sharing with others. How can you express generosity to the people around you? [Invite participants to share their own ideas.] Now, we are going to practice generosity by playing a giveaway game!”

Activity:

Ask each participant to make a list or drawings of 3-8 things that they can do for others. Cut out each idea and put them in a **small container/bag or box**. Each day, or a few days per week, pick something from the bag to do or “give away.” Some suggestions of ways to give are to: offer help or wish a nice day to a neighbor, ask a parent if you can help them in the kitchen tonight, put dirty clothes in the washer, clean a room, offer a hug to a parent/sibling, promise to go a whole 24 hours without annoying a sibling, etc. Participants can come up with their own ideas or you are welcome to think of some ideas together as a group!

YOUR WORLD: Focus on Generosity and those around us.



Character Connection

This activity encourages participants to generously perform acts of kindness towards those around them. Research indicates that role modeling generosity for children encourages them to be more generous.



Kinder World

Generous deeds are acts of kindness towards others. Plus, generosity is contagious which can help to spread kindness in our world!



Hints

Remind participants that they can be helpful at school, as well, and that different people have different ideas of what is most generous. The school janitor might appreciate something very different than a child's brother or sister would. Be creative!

One group idea could be to choose an area in your neighborhood that needs clean up and do it as a team! Another idea is to have a potluck organized for the entire street or block where you live where only some of the residents need to bring things to share!



Next Steps

Can you ask your parents, siblings or friends what kinds of things they find helpful and generous? You might be surprised at how small acts of kindness can make a big difference. Maybe helping the soccer coach put away the equipment after practice or offering to feed the class fish would really help someone else out!

Generosity: Our World

Giving and sharing with others

How can I be generous to people I may never meet?

Option 1: Tissue Paper Flower Delivery

Materials:

various colors of tissue paper cut into 4-inch squares, circles, and other shapes (or supply scissors to allow kids to create other shapes); pipe cleaners

Opening Script:

“Now, we will learn about generosity out in the world. Remember, generosity means giving and sharing with others. How can you share generosity with those you may never meet? [Invite kids to share their own ideas.] Now, we are going to practice generosity by making tissue paper flowers and taking the time to deliver them!”

Activity:

Combine the **colorful tissue paper** into stacks of 4-6 layers. Poke a hole through the middle of the stack so the **pipe cleaner** passes through all of them. Curl over the very end of the pipe cleaner, and gently “scrunch” the tissue paper around it, to create petals! Repeat the process to create bouquets of about 4 flowers.

With an adult or as a family, deliver them to neighbors that you don’t know yet!

Parents can model by giving these to people in the community as well!

OUR WORLD: Focus on Generosity towards our community and world.



**Character
Connection**

This activity encourages participants to generously give their time and effort to make gifts for others. Research indicates that role modeling generosity for children encourages them to be more generous.



Kinder World

Generous deeds are acts of kindness towards others. Plus, generosity is contagious!



Hints

Ask participants to imagine the reaction from the person who will receive the flowers and use that to encourage them as they work.

To help participants overcome shyness or some awkwardness when delivering the flowers, have them role play the interaction, so they have an idea of what to expect. For example, one participant pretends to deliver the flowers, and another participant acts as the cashier. What could the person giving the gift say? What could the person receiving the gift say?



Next Steps

Can you fill a bag with a snack to give to someone who is having a hard time and may be hungry? Can participants make an extra flower and encourage the recipient to pass it along to someone they don't know yet in order to keep the positive feelings going?

Generosity: Our World

Giving and sharing with others

How can I be generous to people I may never meet?

Option 2: Bookmarks

Materials:

Bookmark handouts, square piece of paper per participant, sticky notes (for younger participants)

Opening Script:

“Now, we will learn about generosity out in the world. Remember, to some, generosity means giving and sharing with others. How can you share generosity with those you may never meet? [Invite participants to share their own ideas.] Now, we are going to practice generosity by making bookmarks!”

Activity:

These bookmarks are easy to make and a wonderful donation to your local library, school, literacy center, or organization that runs book drives for readers in need!

****Refer to the [Bookmark handouts](#) for visual guides to the directions below****

Option 1: Get a [sticky note](#) that is a square. Put the sticky side up, with the sticky part at the top. Fold it in half from one side to the other (not top to bottom). Open it up again. It should have a crease down the middle. Fold both sides into the crease in the middle – they should stick. You can put designs on both sides, then fold in half on the line. You can fold it the opposite way for other designs.

Option 2: Get a [square piece of paper](#). Fold it in half on the corners to make a triangle. Fold one corner of the triangle to the top corner. Repeat on the other side. Open it up to make a triangle again. Fold the first paper on the top corner down to the bottom. Fold one bottom corner back up to the top, and tuck it in. Repeat on the other side. You are done!

OUR WORLD: Focus on Generosity towards our community and world.



Character Connection

This activity encourages participants to donate their time by giving bookmarks to people they may never meet. How generous is that?! Research indicates that role modeling generosity for children encourages them to be more generous.



Kinder World

Generous deeds are acts of kindness towards others. Plus, generosity is contagious!



Hints

Ask the participants to imagine the reaction from the person who opens the book and notices the bookmark, and use that to encourage them as they work. Have them imagine what kind of bookmark designs would make them feel happy to discover unexpectedly in a library book. Help participants be creative about things they could write on the bookmark (for example, “You are awesome!”, “Be proud of your differences”, etc.).



Next Steps

Do you have books or toys which you could give to someone else to enjoy? Maybe you can drop them off at a preschool or give them to a family in the neighborhood! How do you think your generous act would make them feel? How do you feel?

Forgiveness: My World

Letting go of grudges

What does it feel like when I forgive myself and others?

Option 1: Letter Writing

Materials:

paper, pencil/markers

Opening Script:

“Today, we will learn about forgiveness. What do you think forgiveness means? [Invite participants to share their own ideas.] To some, forgiveness means letting go of grudges. How does it feel when you forgive yourself and others? [Invite participant to share their own ideas.] Today we are going to practice forgiveness by writing a letter.”

Activity:

Ask the participant, “Has someone ever done something which made you upset or sad, but then later, after you had time to think about things, you were able to forgive them?” Write a letter or draw a picture for someone you have forgiven or someone you have been forgiven by and share about how it felt. How did it make you feel when you forgave them or when you were forgiven? Participants are welcome to draw or write and parents can assist where needed.

Now ask them to think of a time when they felt sad or upset about something they may have done. Can they practice forgiving themselves the same way they would forgive a friend or family member? Share thoughts as a group, parents included!

MY WORLD: Focus on Forgiveness and Myself.



Character Connection

This activity encourages participants to see how we all make mistakes. Expecting perfection is often unrealistic and we all need to practice forgiving ourselves for mistakes. Building empathy for the person you are upset with is an evidence-based way to inspire forgiveness.



Kinder World

The act of letting go of grudges helps us feel lighter and encourages people to reconnect with each other and allow relationships to flourish, with one person being kind to the other. This can help to promote kindness in our world!



Hints

Remind kids that apologizing is not the same as forgiving. Forgiveness means truly accepting the other person (or yourself) despite making mistakes. It also means not holding their mistakes against them in the future.



Next Steps

Is there someone in your life right now who you haven't forgiven for something (or something you haven't forgiven yourself for). Maybe someone teased you in front of classmates or you said something hurtful to your sibling or parent a while ago. Can you imagine how you would feel if you did forgive?

Ask participants to think about the differences between forgiving themselves and forgiving others - which one feels harder? Do we all make mistakes every single day? Wouldn't we feel better if we forgive ourselves when we know we are trying our best?

Forgiveness: My World

Letting go of grudges

What does it feel like when I forgive myself and others?

Option 2: Self-Forgiveness

Materials:

markers, sticky notes (or tape and paper to be cut in 3x3 inch pieces)

Opening Script:

"Today, we will learn about forgiveness. What do you think forgiveness means? [Invite participants to share their own ideas.] To some, forgiveness means letting go of grudges. How does it feel when you forgive yourself and others? [Invite participants to share their own ideas.] Today we are going to practice forgiveness towards ourselves."

Activity:

Participants write or draw "mistakes I make," "things I'm good at," "ideas I have," "things I want to do with my life," and any other positive things they may be doing but not realizing, directly on the **pieces of paper** or **sticky notes**. Have participants stick these papers to themselves in different areas to illustrate that mistakes you make are only one small part of who you are!

MY WORLD: Focus on Forgiveness and Myself.



Character Connection

This activity encourages participants to see that their mistakes are only a small part of their actions, and therefore deserving of self-forgiveness. Building empathy for the person you are upset with (including yourself) is an evidence-based way to inspire forgiveness.



Kinder World

The act of letting go of grudges helps us feel lighter and encourages people to reconnect with each other and allow relationships to flourish, with one person being kind to the other. This can help to promote kindness in our world!



Hints

If participants get stuck and are unable to come up with positive things about themselves, encourage them to think about what kind of a friend they are, what makes them laugh the most, their favorite place to hang out, etc. Parents can model by sharing about themselves as well.



Next Steps

The next time you make a mistake, can you remember all of the positive things you wrote down about yourself? Maybe you can keep the slips of paper to take home and save as something to look at when you are feeling upset about a choice you made.

Forgiveness: Your World

Letting go of grudges

How can I show forgiveness to those around me?

Option 1: Cup Stacking

Materials:

per group of 3-6 kids: 4-10 plastic cups, rubber bands, 3-6 strings each 20 inches long (one string per child)

Opening Script:

“Now, we will learn about forgiveness within our community. Remember, forgiveness means letting go of grudges. How does it feel when you forgive yourself and others? [Invite participants to share their own ideas.] Now we are going to practice forgiveness by playing a cup stacking game as a team!”

Activity:

Touching only the **strings** attached to each **rubber band**, ask participants to **stack the cups**. Get together in groups of 3 to pull the 3 strings on the rubber band. This can be done by having the group count “1, 2, 3” and pull on their strings at the same time in order for the rubber band to expand to place on or off the cup. Move cups with the string and stack in any pattern you’d like! Be on the lookout for situations where forgiveness is needed!

YOUR WORLD: Focus on Forgiveness and those around us.



**Character
Connection**

This activity provides participants with situations which involve quickly forgiving mistakes of their teammates (and themselves!) so they can succeed in the game. Building empathy for the person you are upset with is an evidence-based way to inspire forgiveness.



Kinder World

The act of letting go of grudges helps us feel lighter and encourages people to reconnect with each other and allow relationships to flourish, with one person being kind to the other. This can help to promote kindness in our world!



Hints

Before you begin, make a plan with the group for how you will respond if someone makes a mistake or isn't working with the team--with forgiveness!

Talk to participants about what being a good team player means. A great approach is to give suggestions on how to solve whatever issues come up in the game, cheer up others who are struggling, and watch for moments that might need forgiveness and seeing things from others' perspectives ("Did Zoe let go of the string when she was not supposed to? Why might she have done that?" or "Did Samir hold on to the string for too long? Why?")



Next Steps

As a family, can we make a plan for how we can forgive someone the next time someone else makes a mistake? What can you do if a friend or sibling accidentally breaks or knocks down something you are working on? How can you respond if a parent promised to do something for you, but then forgot or got busy with something else?

Forgiveness: **Your World**

Letting go of grudges

How can I show forgiveness to those around me?

Option 2: Forgiveness Squares

Materials:

blank paper, crayons/markers

Opening Script:

"Now, we will learn about forgiveness within our community. Remember, forgiveness means letting go of grudges. How does it feel when you forgive yourself and others? [Invite participants to share their own ideas.] Now we are going to practice forgiveness by using squares and our imagination!"

Activity:

A big part of forgiveness is being able to focus on what the person who hurt us DID (and how to resolve and amend that situation!) without making assumptions about WHO they are.

Reflect on a time someone hurt your feelings. How can you share what happened without saying the person "was" or "is" something, but rather that they acted that way? So instead of "my sister was mean," rephrase it to "my sister ACTED mean."

On the **paper**, draw three of the same size squares. Think of someone who has done something which really upset you or made you feel sad. Pretend all the squares are the person you are thinking about.

1. In the first square, color the entire square with colors showing how upset or sad you felt. Fill the entire square so when you look at it you only think of the mistake they made and not anything else they do or say.
2. In the second square, think about the mistake the person made which upset you and color a small part of the square with colors showing how sad or upset you felt. Recognize that the mistake they made is only a small part of the whole person!
3. In the last square, color the square in a way you would want people to see you if you made a mistake. Would you want it to be fully colored or just a little bit of the square colored?

YOUR WORLD: Focus on Forgiveness and those around us.



**Character
Connection**

This activity encourages participants to shift their perspective about others' mistakes to help make it easier to forgive. Building empathy for the person you are upset with is an evidence-based way to inspire forgiveness.



Kinder World

The act of letting go of grudges helps us feel lighter and encourages people to reconnect with each other and allow relationships to flourish, with one person being kind to the other. This can help to promote kindness in our world!



Hints

Sometimes when we are angry or hurt by someone, it is hard to see past their behavior to the person they are. Encourage participants to think about a time when they got mad at someone they loved and then later were able to understand why that person made a mistake (for example, it was an accident, they were trying to help someone else first, they were having a bad day, etc.)

How was your last square colored - a little bit or a lot? Why? Is it fair to color the square differently when you're thinking about other people and not yourself?



Next Steps

As a family, can you recognize how the words you use can sometimes make it seem like you only see people's biggest mistakes? When you call someone a 'liar,' instead of being upset that they lied, does that make the other person feel worse? Ask each other to try and label the act instead of the person in the future.

Forgiveness: Our World

Letting go of grudges

How can I be forgiving towards those I may never meet?

Option 1: Dogs and Forgiveness

Materials:

any props you may want to use for the skit activity

Opening Script:

“Now, we will learn about forgiveness out in the world. Remember, forgiveness means letting go of grudges. How can you be forgiving towards those who you may never talk to or meet? [Invite participants to share their own ideas.] Now we are going to practice forgiveness by acting out some dogs’ lives!”

Activity:

Idea A - Create a skit of people coming to a shelter to adopt a dog. Pretend the dog has had a hard time trusting the people who are caring for him at the shelter, visitors, and people who are deciding if they want to become its new owner. How might a dog behave if it does not trust someone? What are some things the staff or new owner could do to gain the dog’s trust and make it feel more comfortable? How can we show forgiveness for something the dog may do because it is scared or unhappy? How will the dog feel when it trusts people again? What will the dog need to do to forgive people? Assign various roles:

- The original owner of a dog, who had to move and could not take their dog with them
- The shelter staff
- Potential new owners who visit the shelter
- The new owner who picks the dog
- The dog

Idea B - Arrange a visit to a shelter or see if a rescue dog organization can visit your group! What can you bring to the shelter to help the dogs forgive humans who may have left them there, to help them learn to trust again?

OUR WORLD: Focus on Forgiveness and our community and world.



Character Connection

This activity encourages participants to think about forgiveness through the perspective of a shelter animal and how the animal forgives in order to trust their caregivers and visitors again. Building empathy for the person you are upset with is an evidence-based way to inspire forgiveness.



Kinder World

The act of letting go of grudges helps us feel lighter and encourages people to reconnect with each other and allow relationships to flourish, with one person being kind to the other. This can help to promote kindness in our world!



Hints

Emphasize the connection between forgiveness and understanding to help participants learn that people make choices for lots of different reasons. Encourage them to take a minute to imagine what it feels like to help someone rebuild their trust.



Next Steps

As a family can you practice this kind of forgiveness in the future when things happen that make you upset? The next time you hear about or see something that upsets you, talk as a family and imagine why someone would make a choice like that. Maybe someone closed a company and many people lost their job, or maybe someone did not clean up dog waste in the park. Together, can you think about why that might have happened and consider forgiving the person who made the decision?

Forgiveness: Our World

Letting go of grudges

How can I be forgiving towards those I may never meet?

Option 2: Dog and Cat Toys

Materials:

Cat Toy: socks of any size, cotton balls or polyester fiber stuffing, yarn, catnip (optional)

Dog Toy: old t-shirts cut up into strips

Opening Script:

“Now, we will learn about forgiveness out in the world. Remember, forgiveness means letting go of grudges. How can you be forgiving towards those who you may never talk to or meet? [Invite participants to share their own ideas.] Now we are going to practice forgiveness by making toys for dogs and cats who live in shelters!”

Activity:

Cat Toy: Make a new toy for the cats at the shelter to chase and enjoy! Fill the **sock** with **polyester fiber stuffing** or **cotton balls**, and sprinkle in some **catnip**. Tie off the sock with **yarn**.

Dog Toy: Make a new chew and pull toy for a dog at the shelter to play with! Take 3 **strips of cloth** and tie together with another strip. Braid or knot the strips of the t-shirt together, and tie the ends off tight with another strip of t-shirt.

When your pet toys are complete, deliver them to an animal shelter! How do you think this will make the animals feel?

OUR WORLD: Focus on Forgiveness and our community and world.



Character Connection

This activity encourages participants to investigate forgiveness through the perspective of a shelter animal and be proactive about helping animals rebuild trust in caregivers. Building empathy for the person you are upset with is an evidence-based way to inspire forgiveness.



Kinder World

The act of letting go of grudges helps us feel lighter and encourages people to reconnect with each other and allow relationships to flourish, with one person being kind to the other. This can help to promote kindness in our world!



Hints

Emphasize the connection between forgiveness and understanding to help participants learn that people make choices for lots of different reasons. Encourage them to take a minute to imagine what it feels like to help someone rebuild their trust.

Why would cats and dogs end up in shelters? If you were one of those cats or dogs, would you ever forgive humans? What would a human need to do so that you could forgive them?



Next Steps

As a family, can you practice this kind of forgiveness in the future when things happen that make you upset? The next time you hear about or see something that upsets you, talk as a family and imagine why someone would make a choice like that. Maybe someone closed a company and many people lost their job, or maybe someone did not clean up dog waste in the park. Together, can you think about why that might have happened and consider forgiving the person who made the decision?

Book Suggestions

Books are a great way to continue discussions with your children about character strengths. Below are some suggested books which you can use alongside the Kind World Explorers guidebook activities. For additional resources for parents and kids of all ages, please visit our website: www.campkindnesscounts.org/characterportal

Here are some questions for your group to consider as you read the book:

- 1) How do the characters in this book demonstrate the character strength?
- 2) Have you ever felt like the characters in this book? When?
- 3) Does the story give you any ideas for how you could act in a kind way towards yourself or others?

GRATITUDE

The Thankful Book by Todd Parr

Still A Family by Brenda Sturgis

Last Stop on Market Street by Matt de La Pena

GENEROSITY

Ordinary Mary's Extraordinary Deed by Emily Pearson

If You Plant a Seed by Kadir Nelson

Maddi's Fridge by Lois Brandt

FORGIVENESS

Forgive and Let Go! A Book About Forgiveness by Cheri J. Meiners

Mela and the Elephant by Dow Phumiruk

How Full Is Your Bucket? For Kids by Tom Rath and Mary Reckmeyer

Name: _____

CLUB PLEDGE

We will treat each other with:

We will make sure everyone gets an
equal chance to speak by:

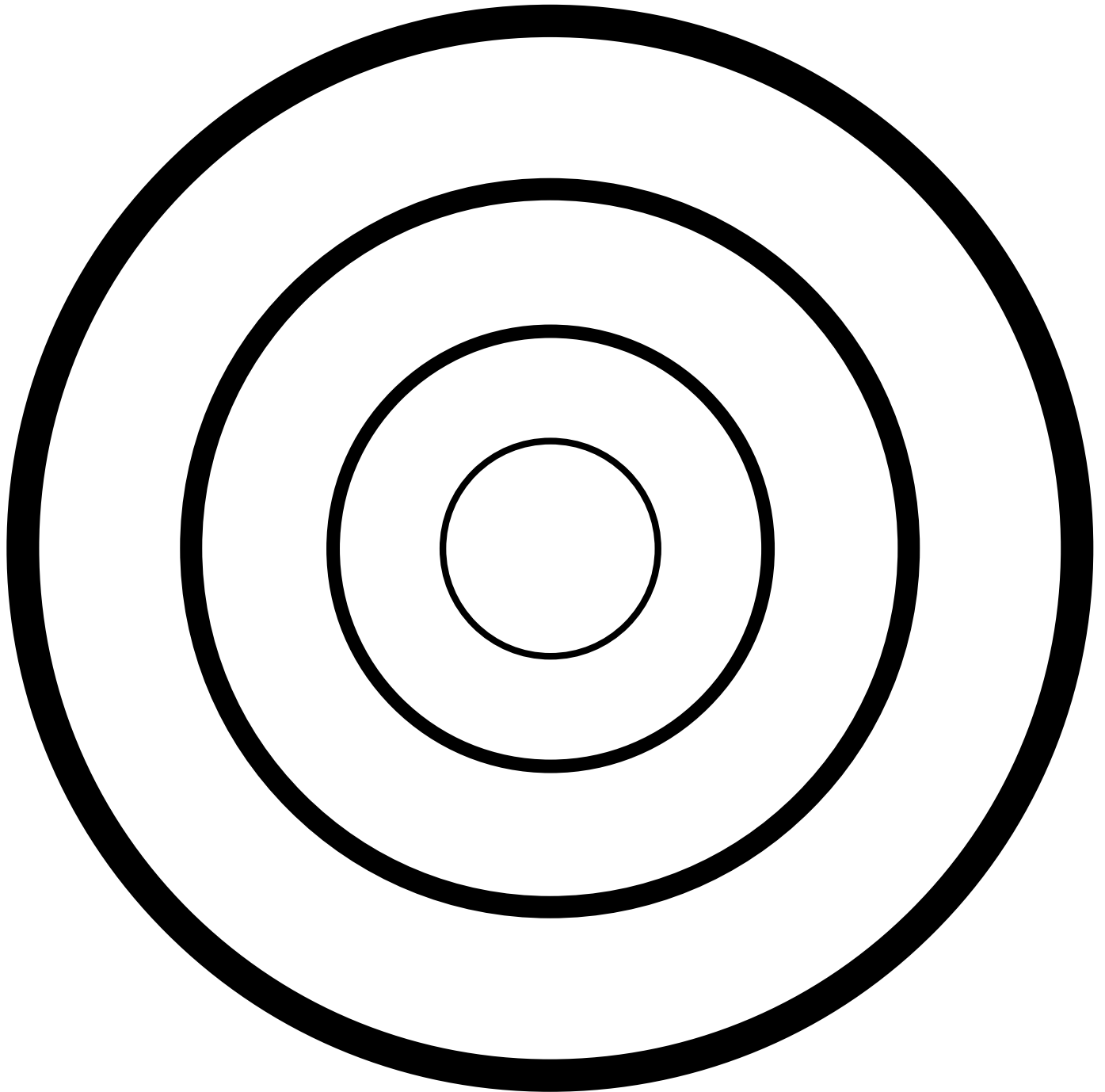
If someone's feelings are hurt,
or if they're feeling sad or angry,
we will:



KIND WORLD EXPLORERS

Name: _____

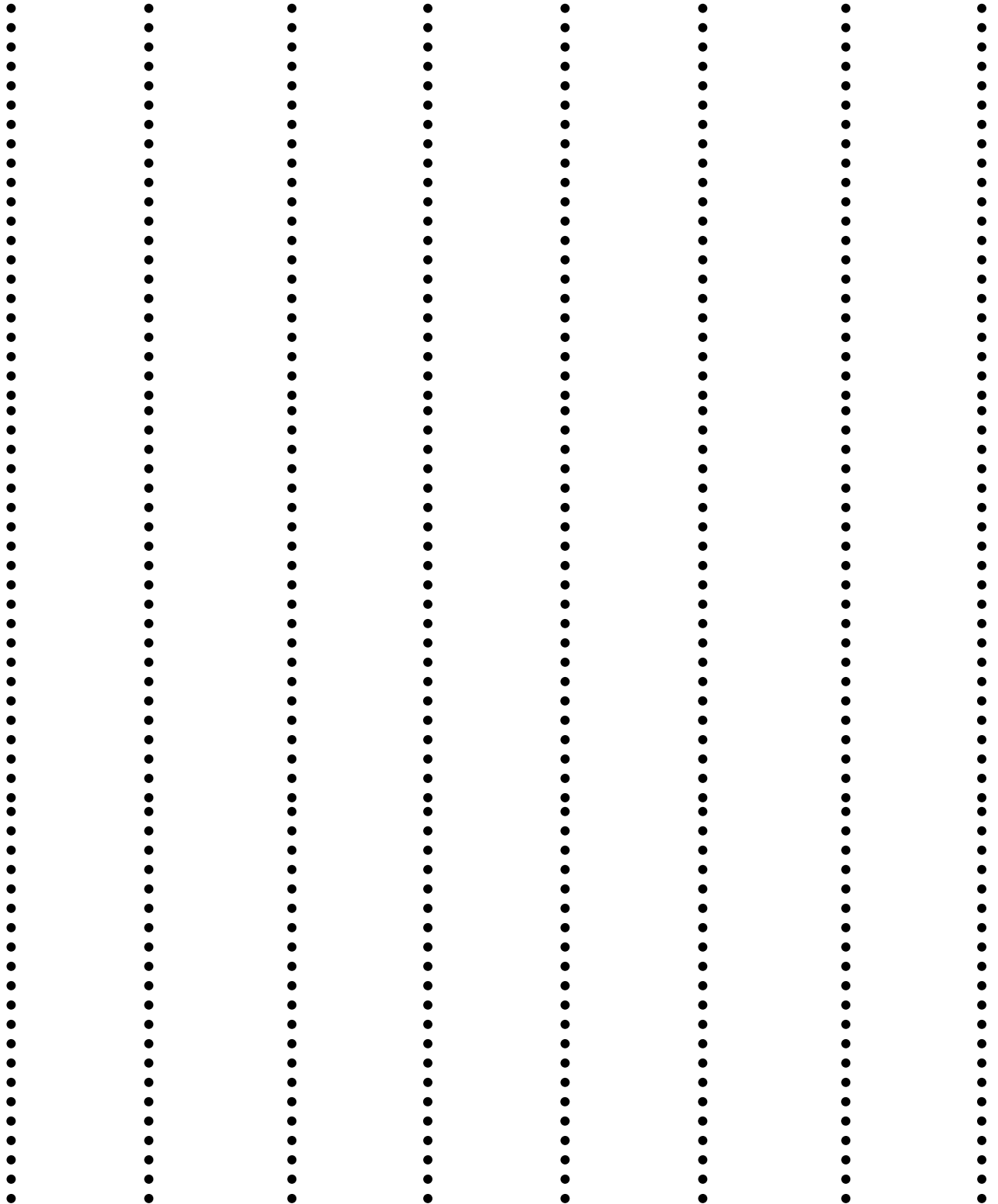
ZOOM OUT



Name: _____

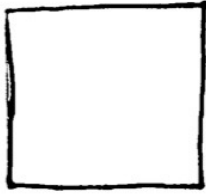
WEAVING

Fold in half at the midpoint of the lines, and cut along the lines to create slits when the paper is unfolded.

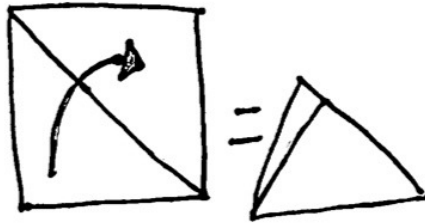


Name: _____

BOOKMARK



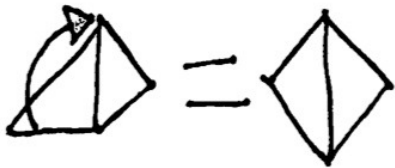
1) Get a square piece of paper



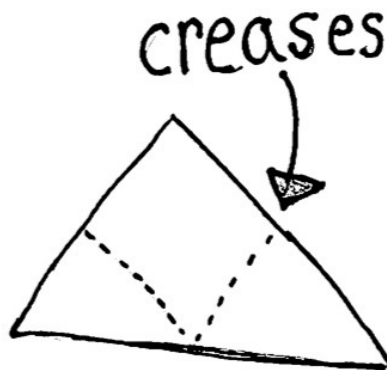
2) Fold it in half on the corners to make a triangle.



3) Fold one corner of the triangle to the top corner.



4) Repeat step 3 on the other side.



5) Open it up to make a triangle again.



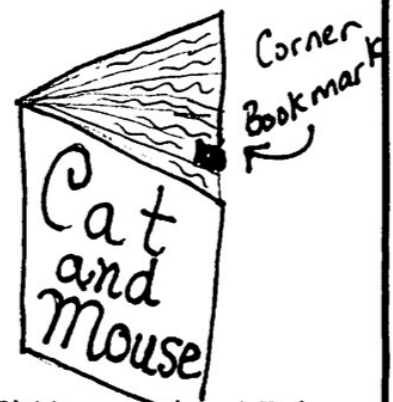
6) Fold the first paper on the top corner down to the bottom.



7) Fold one bottom corner back to the top and tuck in.



8) Repeat on the other side.



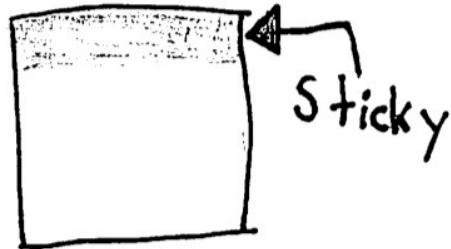
9) You are done! Enjoy your bookmark!



KIND WORLD EXPLORERS

Name: _____

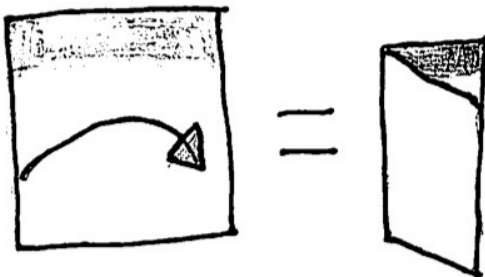
BOOKMARK



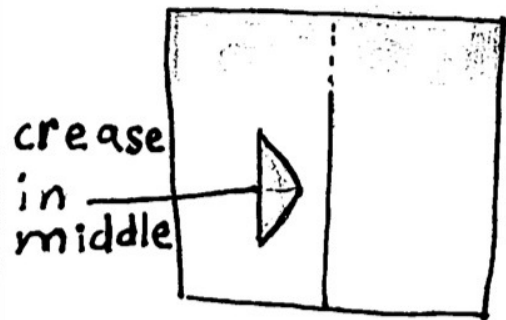
1) Get 1 Post-It or Sticky Note that is a square shape.



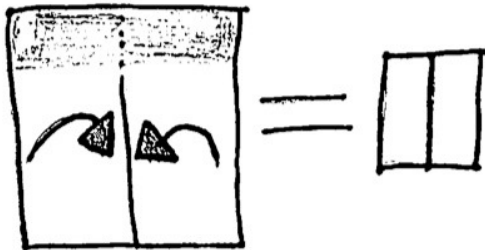
2) Put it sticky side up, with the sticky part on top.



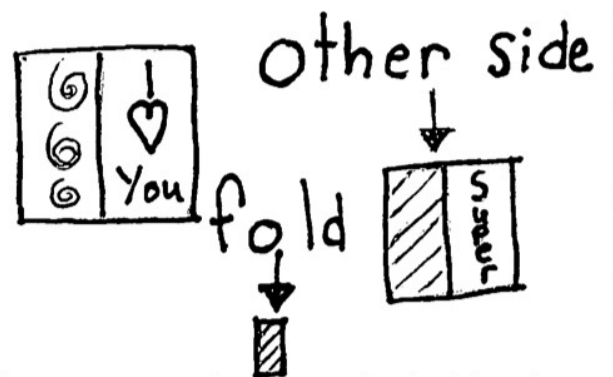
3) Fold it in half.



4) Open it up again. It should have a crease down the middle.



5) Fold both sides in to the crease in the middle -- they should stick.



6) You can put designs on both sides, then fold it in half on the line. You can fold it the opposite way for other designs.



KIND WORLD EXPLORERS

*Thank you for helping to make our world a kinder place for all!
Visit www.CampKindnessCounts.org for more ideas on
how to cultivate kind, courageous character!*

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