

Kindness Tree

STRATEGY: *The kindness tree is an easy way for students to express and visualize all of the ways they can be kind!*



Source: Move This World



Instructions:

1. Begin by creating a “trunk” of a tree in your classroom or home, taped to a wall, bulletin board, or door.
2. Have students brainstorm ways they can be kind to others, or ways they would like others to be kind to them.
3. Each student should write their favorite idea on a paper leaf and add it to the tree! Students can add multiple leaves and continue to contribute over time.
4. One modification: use a kindness tree to celebrate the kind acts students are already doing in the classroom (or at home!) Every time you “catch” a student acting in kindness, have them add their action to the tree.

[\[Click here to access the full set of instructions.\]](#)