

Kindness Capsule

In this activity, your family will create a Kindness Capsule. This will be a special container where you take note of all the acts of kindness that you see and experience in your family.

 30 Min

Materials needed

- Any container (a glass one is more fun to watch!)
- Decorating material for your container
- Slips of colorful paper and a pen

Directions

Step 1: Decorate!

This is your time to shine. Decorate your Kindness Capsule anyway you want, make it unique and fun!



Step 2: Set-up your station!

Choose a special spot in your house to keep your Kindness Capsule. Place colorful sticky notes or slips of paper and a pen nearby to create your Kindness Capsule station.

Step 3 : Notice!

Anytime you notice someone being kind, write down the act of kindness and put it in the Kindness Capsule. You can open the capsule once week, when it fills to the brim, or whenever you're ready to celebrate all of the kindness!



Habit tip! Make a celebration out of your capsule openings! Enjoy a special family outing, host a movie night with friends, or find another way to recognize what a difference a full kindness capsule can make :)