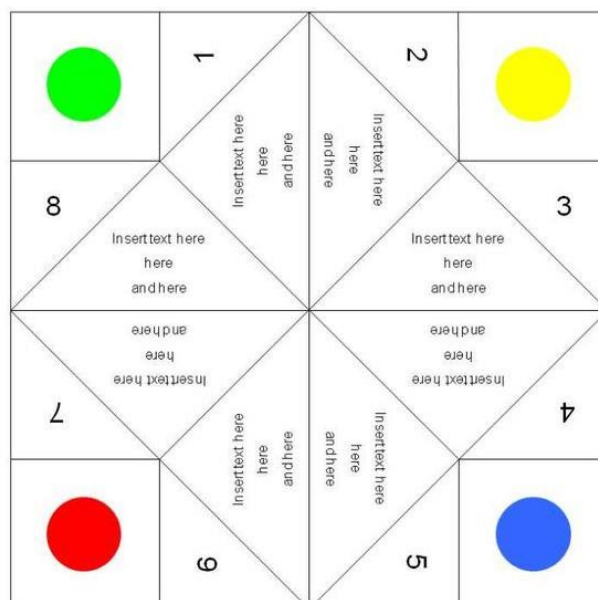


## Kindness Catchers – Teachers Instructions

1. Using the template provided, ask children to cut out the kindness catcher and think of acts of kindness to put in the gaps
2. Ask the children to colour and decorate the kindness catcher to make it extra special
3. Fold in half and in half again, open out and turn over, fold each corner into the middle, turn over and repeat, turn over and slide your fingers behind two of the colours and bend round so they touch, repeat for the other two colours
4. The kindness catcher works using the following instructions:
  - a. Ask a friend to choose a colour
  - b. Ask your friend to choose one of the numbers that appears when you open that colour
  - c. Count side to side and up and down to the correct number
  - d. Choose a new number and open the flap
  - e. The friend now has to complete that act of kindness
5. The children can play with their kindness catchers in class and in the playground
6. It's important to do at least one act of kindness a day – hopefully the kindness catcher will prompt them to carry this on

Please follow this guide when asking children to complete their kindness catcher



	1	2	
	Tell someone they look nice today		
8		3	
	Play with someone you wouldn't normally		
	Give someone a high five		
7		4	
	Make someone a card or a present		
	5		
	6		