

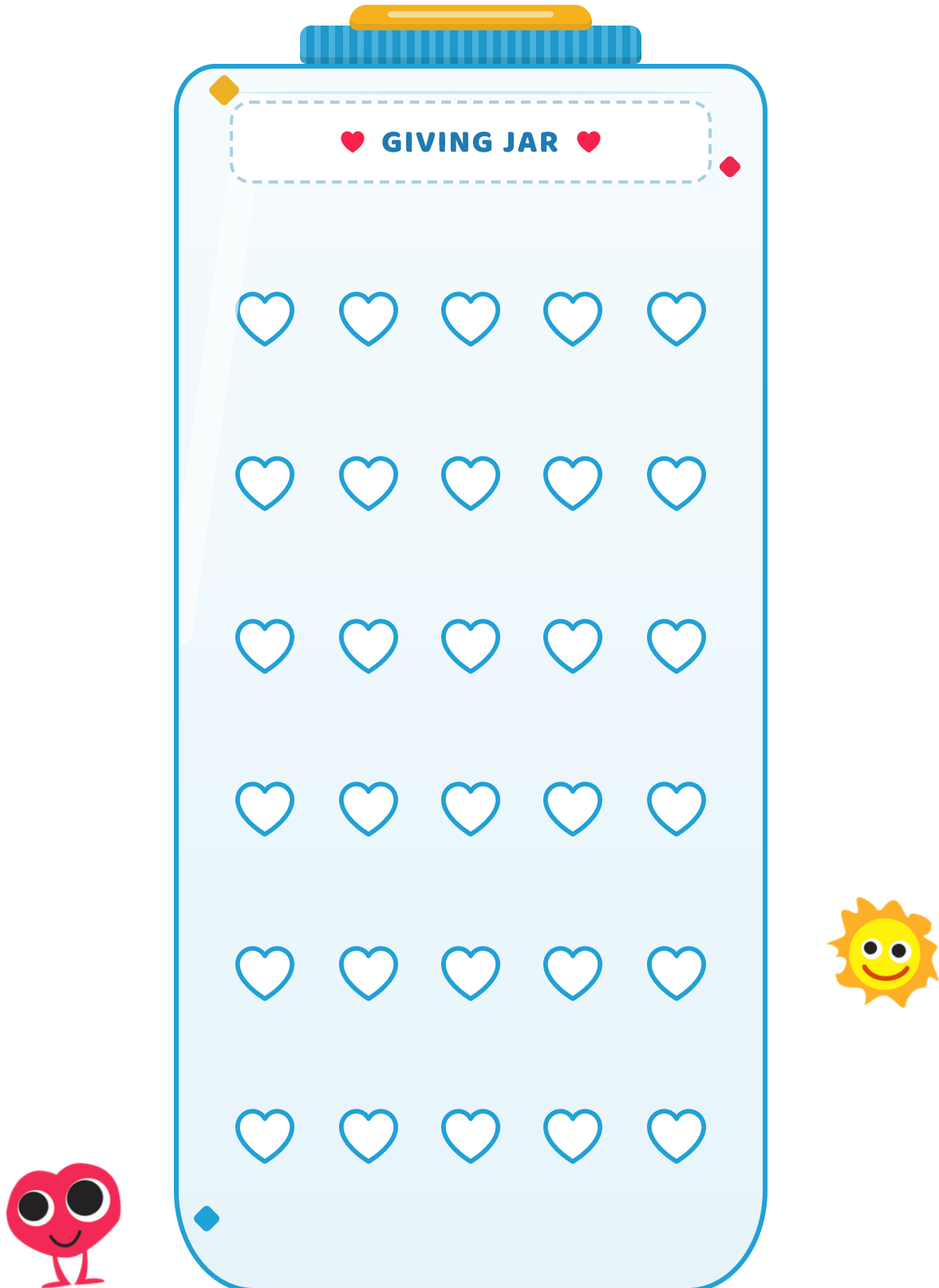


OUR FAMILY GIVING JAR

Fill the Giving Jar

Everyone at home does something kind, then colours in a heart. Can your family fill the whole jar?

* COLOUR ONE HEART EACH TIME SOMEONE IN YOUR FAMILY DOES SOMETHING KIND -----



♥ = one kind act done Fill the jar, then start a brand-new one!



OUR FAMILY GIVING JAR

Our Jar of Giving Ideas

Cut out the kindness slips, fold them up, and drop them in your family jar. Take turns pulling one card a day and completing the act of giving.

✂ CUT, FOLD, DROP IN THE JAR, THEN DRAW ONE A DAY



How to play

- 1 Find a clean, empty jar at home (or decorate a cup) and keep it where everyone can see it.
- 2 **Cut out** the kindness slips below and fold each one in half.
- 3 Drop them all into your jar and give it a good shake.
- 4 **Pull one out every day**, then go do that kind act!



Give a friend a big compliment



Help clear the table after dinner



Draw a card for someone you love



Walk, brush, or play with a pet



Help a neighbour with a small job



Give a hug to someone who feels sad



Let someone go first in line



Read a story to a younger kid



Pick up litter at the park



Tell a family member thank you



Share your snack with a friend



Put out water for the birds or bees



Help feed a pet or water a plant



Cheer someone on at their game or practice



Make someone laugh today



OUR FAMILY GIVING JAR

Write Your Own Giving Ideas

Everyone in the family writes their own ideas, one per slip. Think of ways to give to people, to animals, and to the planet. Cut them out, fold them, and add them to the jar.

✂ WRITE, CUT, FOLD, AND DROP IN THE JAR

































