

# Kindness Paper Chain

This activity can be done with any age group. It is a wonderful way of illustrating that kind words and deeds unite people. We can illustrate to children how kindness can be paid forward, as one kind word or deed tends to lead to another.

## Instructions

Hand out strips of plain or coloured paper to the class and ask them to think about examples of kind words. Share their ideas and discuss the types of things we can say to others to show kindness. This includes words of support, asking how others are and giving compliments or praise.

Ask children to write down their chosen word or phrase of kindness. Link all the chains together and create a paper chain. You could do this as a class, standing in a circle, where each child reads their kind word or phrase aloud as you join the strips of paper together. The completed paper chain can then be displayed in the classroom.

An alternative version of this activity is to create paper people. The children can write their kind words and phrases on the paper people, which can then be displayed in the classroom or corridors. You could even get the whole school to participate and see how far the kindness carries!



The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website. ABA also have free anti-bullying resources available for schools:

- [CPD anti-bullying online training courses](#)
- Become a United Against Bullying School and enroll on ABA's free whole-school [anti-bullying programme](#) today