

Sprinkle kindness.

Spreading kindness is like watering a garden – when you water it regularly you'll see beautiful things happen.

- Print your name in the heart on the watering can.
- Share your activity sheet with others in your class. Ask them to write a compliment about you in the water drops.
- Once all the water drops are filled, read the kindness sprinkled to you.
- Colour your watering can, drops and flowers.

Remember, always think before you do, say, or write anything.
Is it kind and does it help your garden grow?

