

Throw Kindness Around Like Confetti

By Being Your Own Best Friend

The Kindness cannon is a hands-on activity, promoting discussion about the different forms of kindness –words, kind actions, and thoughts. Using a paper roll, tape and a balloon, each participant creates a Kindness cannon to launch paper confetti.

Material List:

- Craft Tubes (1 per student)
- Balloons (1 per student)
- Scissors
- Packing Tape
- Optional - Art supplies to decorate outside of the Kindness cannon.

Outcome:

Participants explore kindness as they learn to observe themselves without judgment.

STEAM Component. Participants build a Kindness cannon to spread their personalized ideas representing kindness using the design structure of a Confetti Popper (*DIY confetti Poppers for Kids! (STEAM Activity), 2020*).

Mindful Component. Participants enhance their self awareness by learning about the prosocial nature of acts of being kind to self.

Group Discussion:

What does kindness look like? It can look different to all of us.

- Kindness can be words, actions, self-soothing strategies and thoughts to self.
- Treat yourself like a good friend. What would you say to a friend who is feeling sad, mad or not so glad?
- Think about what you need in times of stress. Ask yourself “What do I need?”, when I feel really sad, mad or just not so glad?

Art Activity: The Kindness cannon uses a craft roll, tape and a balloon, each participant creates a Kindness cannon to launch paper confetti.

STEP ONE: Draw and cut out five 1 in. circles for Kindness confetti: Create an image, symbol &/or word of things you consider to represent how you can be kind to self when you are feeling sad, mad or not so glad, creating one circle for each sense.

Throw Kindness Around Like Confetti

By Being Your Own Best Friend

Examples:

- Vision - Smile
- Touch - Hug
- Hearing - Compliment
- Smell - Campfire
- Taste - Cup of tea

STEP TWO: Assemble Kindness cannon. Using a paper tube, tape and a balloon, create a Kindness cannon to launch paper kindness confetti.

Instructions:

1. Take a balloon and tie the opening as you would if it was inflated (but do not inflate the balloon).
2. Cut the top half of the balloon off.
3. Stretch the knotted half of the balloon over one end of the craft tube.
4. Secure the balloon to the craft tube with packing tape.
5. Optional - Decorate outside of the Kindness cannon.

STEP THREE: Test Kindness cannon with safety in mind. Follow instructions to safely launch paper kindness confetti from Kindness cannon:

- Put kindness confetti in the open end of the kindness cannon (*do not use any other material in the Kindness cannon*).
- Launch the Kindness cannon by aiming it toward the sky (*do not aim the open end of the Kindness cannon at your own face or toward other people*).
- Pull back the balloon and then let go.

STEP FOUR: Group reflection. *Guiding Reflective Questions.*

Sample questions include:

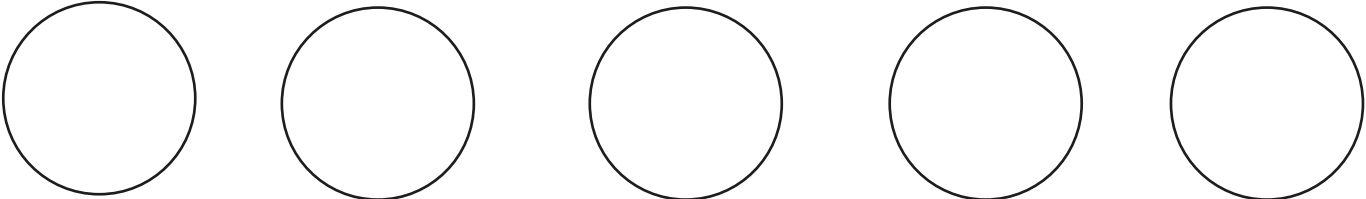
- How do you feel when someone is kind to you?
- What does kindness look like or sound like?
- What physical sensations happen in your body when you think of being kind?

DIY confetti Poppers for Kids! (STEAM Activity). Team Cartwright. (2020, November 23).

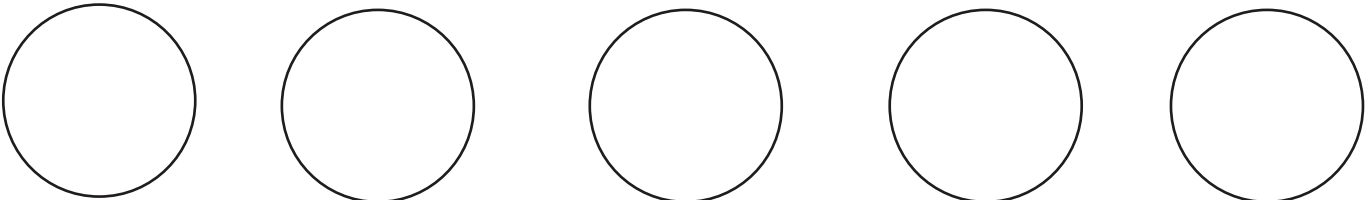
https://team-cartwright.com/diy-confetti-poppers-for-kids/#The_Scienc.



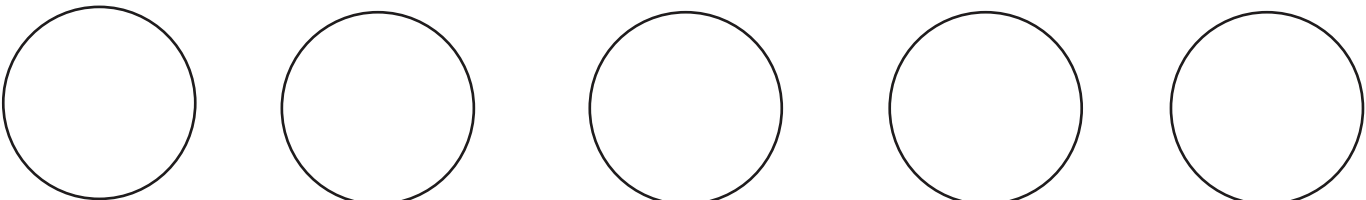
Kindness confetti



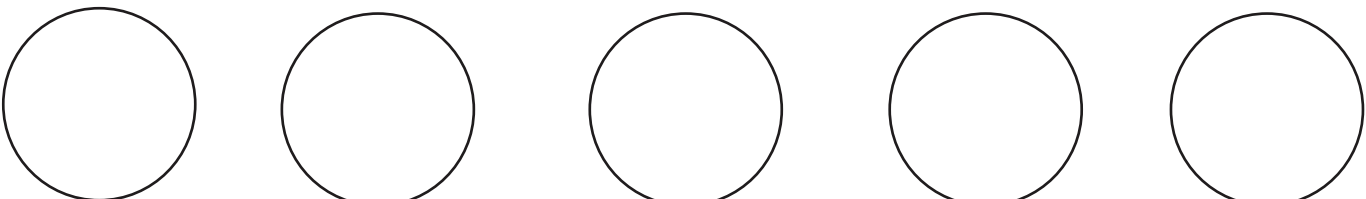
Kindness confetti



Kindness confetti



Kindness confetti



Kindness confetti

