

HOW WORDS AND ACTIONS AFFECT OTHERS

The Crinkled Heart Activity

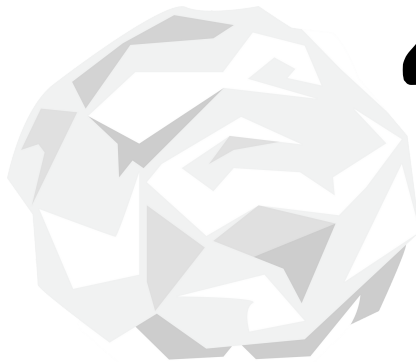
This activity has been designed to encourage children to think about what they say and do can affect how other people feel. This activity will show children that the impact of their words and actions cannot be undone and that the damage that they cause other people's feelings may not be reversible.

**THIS ACTIVITY IS
SUITABLE FOR
ALL AGES.**

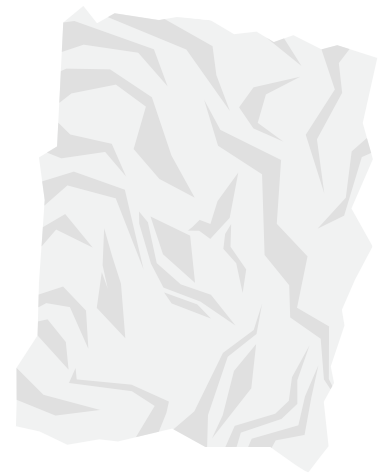


1. Take a pristine piece of paper and cut into a heart shape.

2. Either write down on the heart unkind words or say the words to the piece of paper. With every unkind word or sentence, scrunch up the heart so it is really crinkled and in a ball shape by the end.




3. Flatten out the heart, ask the children to make it as flat as possible just as it was at the start of the activity. Ask them what they notice.




The children should notice how it is not possible to make the paper pristine again. Use this activity to form a discussion for a circle time surrounding how our words/actions affect others.

OTHER IDEAS FOR PROMOTING KINDNESS:



Write messages of kindness in chalk on the playground to share positivity to all.



Create a paper-chain and write messages to peers, note down acts of kindness to inspire others or positive affirmations.



