

## \*6 Kindness Rocks<sup>9\*</sup> Day 3

### Activity guide for Kindness Week/ How to make a **My Kindness Soup Can**.

What you will need: page 1, crayons or markers, scissors, and tape.

1. Color all the items on page 1. **My Kindness Soup Can** label, ears, eyes, hand, mouth, band-aid, and hearts.
2. Put a picture of you in the circle. (use an actual picture of you or just draw one.)
3. Cut out the SOUP CAN label.
4. Tape the “My Kindness Soup Can” together at the edges.

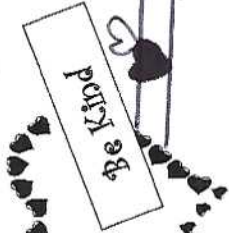
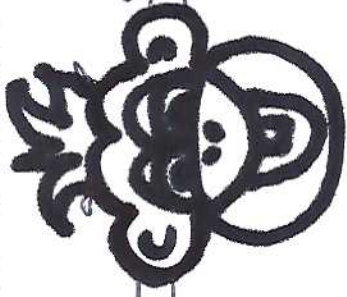
Now, connect and tape the **My Kindness Soup Can** together at the bottom.

5. Place the eyes, ears, hand, mouth, band-aid, and hearts in the **My Kindness Soup Can**.
6. The last step is so much fun. Find someone who needs a little kindness. Show them all the special ingredients. (Be ready to explain how the word SOUP can be divided to become...SO-UP. Pull the items out of the **My Kindness Soup Can** and share a little kindness.  
ears= SO listen UP, eyes= SO look UP, hands=SO lift UP, mouth=SO speak UP, band-aid = help someone’s hurting heart, and the hearts represent kind actions and behavior.

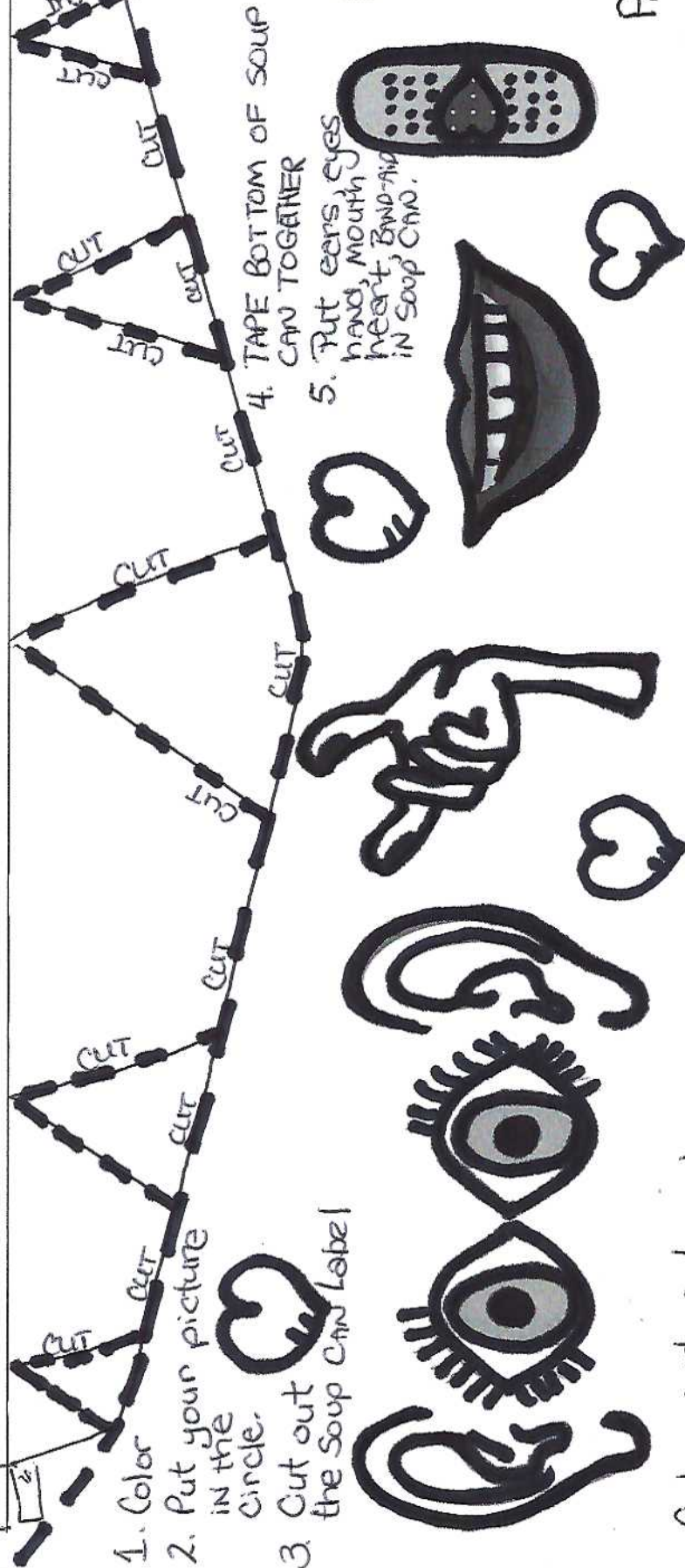
# MY Kindness SOUP

SO speak UP SO look UP

SO listen UP SO lift UP



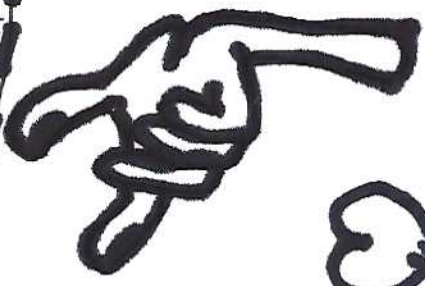
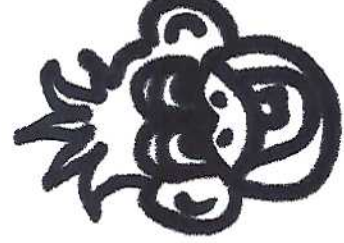
Treat others the way you want to be treated.



1. Color
2. Put your picture in the circle.
3. Cut out the Soup Can Label

4. TAPE BOTTOM OF SOUP CAN TOGETHER

5. Put ears, eyes, hand, mouth, heart, BAND-AID IN SOUP CAN.



CUT ALONG THE DOTTED LINES