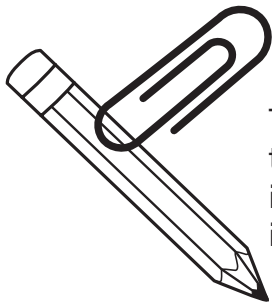
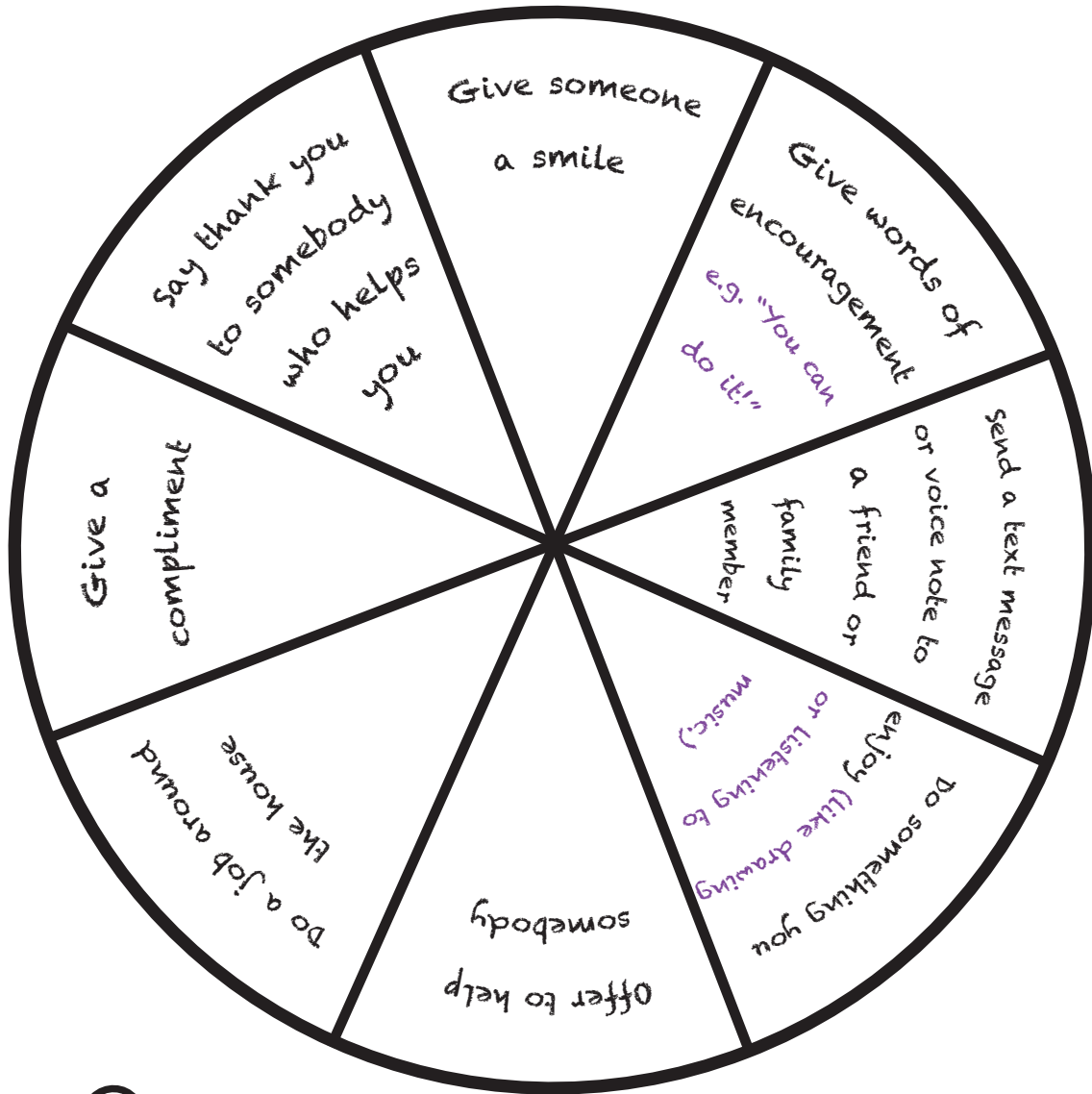




Kindness Spinner

Colour and decorate the spinner. Now give it a spin to find your kindness challenge for today!



To spin the spinner, you need a paper clip and a pencil. Place the pencil through the loop of the paper clip. Now position the pencil so that point is touching the centre of the circle. Flick the end of the paper clip so that it spins round. What kindness challenge does it land on?

Try using the kindness spinner in the morning. Whatever it lands on is your kindness goal for that day. Can you use it every morning for a whole week? How many acts of kindness can you complete?