

Kindness Flowers

Directions:

- Take your students or child outside to do The Daily Mile.
- While they run, walk, jog, or roll, ask them to think about the best compliment they ever received.
- After The Daily Mile, return to class or home to complete this Kindness Flower activity.

Materials

- Flower templates (next two pages)
- Scissors
- Crayons

Assembly

- Write a positive message on the flower
- Color/decorate the flower and cut it out
- Pass them out to friends or use them to decorate a bulletin board





