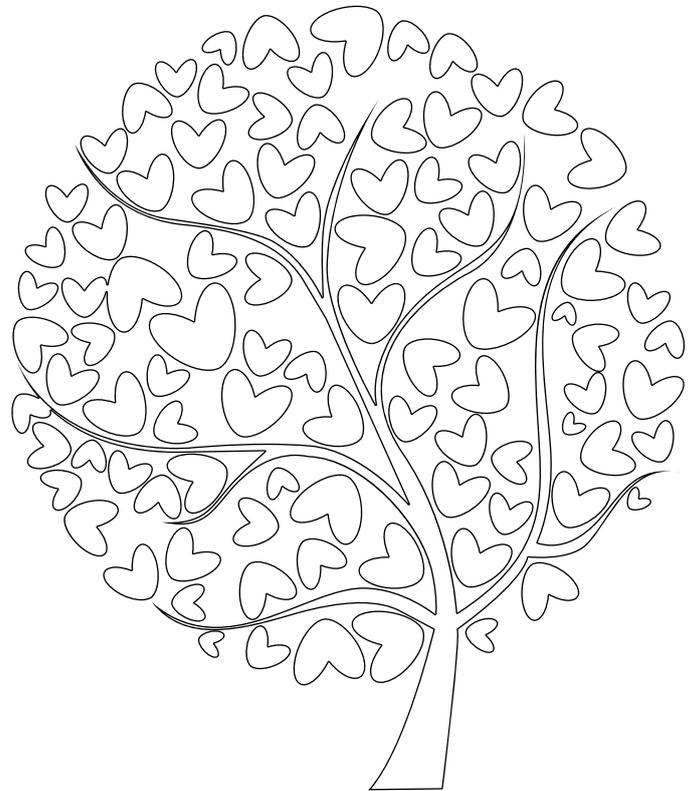


# Kindness Tree

A simple way to help put a smile on your face 😊

## Instructions to make your Kindness Tree

- 1) When you are out for a walk or in your garden, collect some branches or sticks to put in a vase/ or make a tree out of cardboard.
- 2) Print out the heart and leaf templates. If you do not have a printer, you can draw your own.
- 3) Decorate the leaves and hearts/ fill in the answers.
- 3) With a grown up, cut out the leaves and hearts .
- 4) Using a hole punch, make a hole in the heart/leaf, thread a piece of cotton or wool through the hole and hang it on your tree.
- 5) Every time you pass the tree it will help you smile.



If you prefer, you can write your own positive messages in the blank hearts and leaves or make a Kindness Tree for someone else, adding hearts with the reasons they are special!



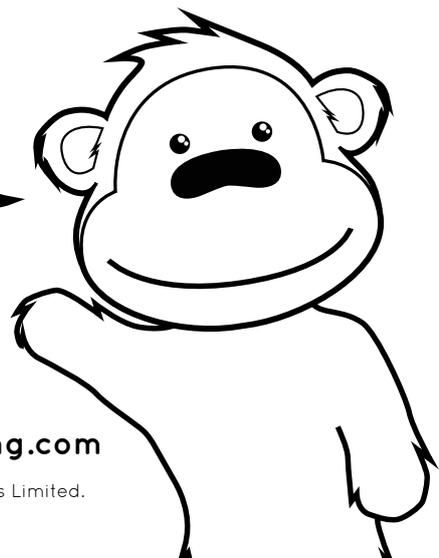
 @monkey\_wellbeing

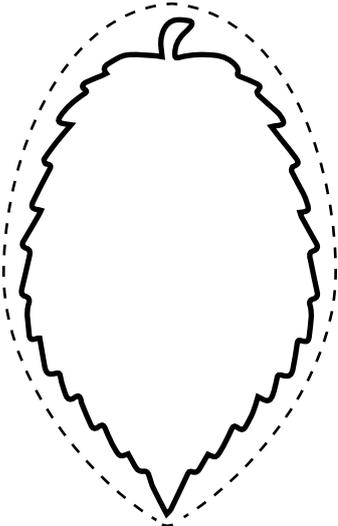
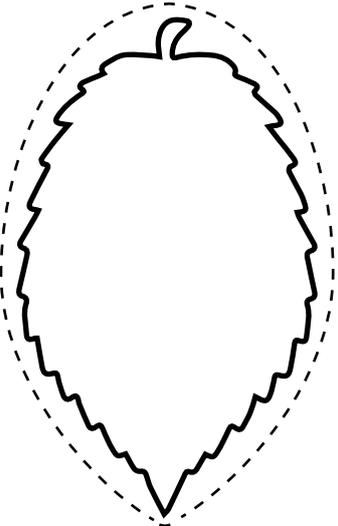
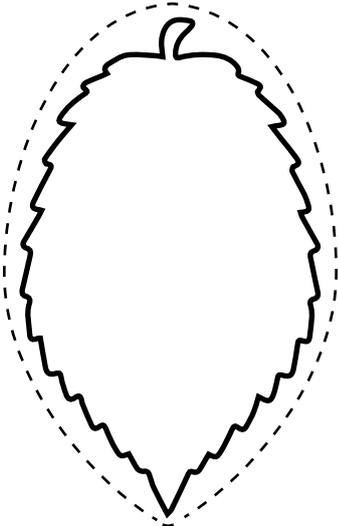
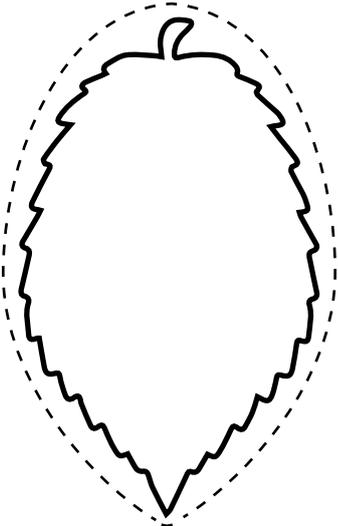
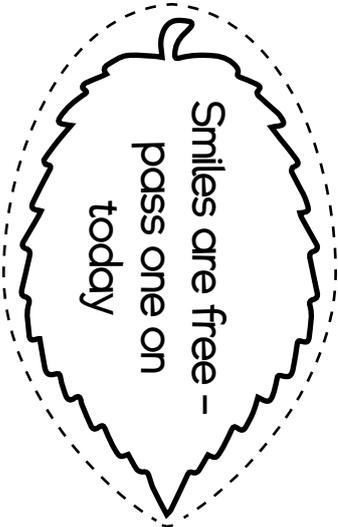
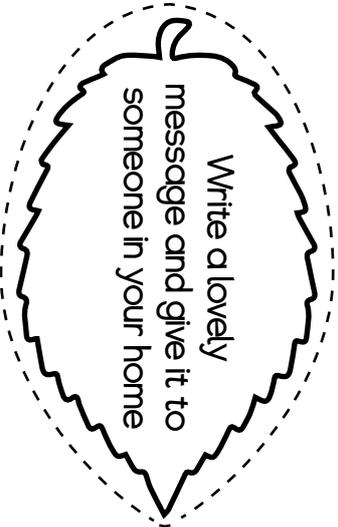
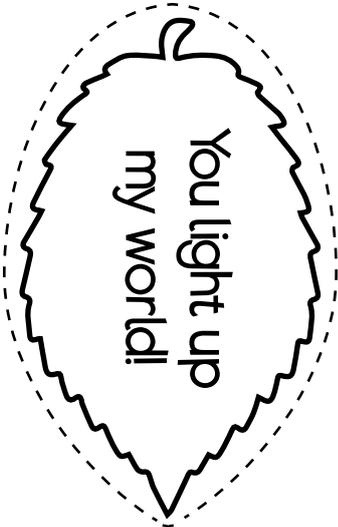
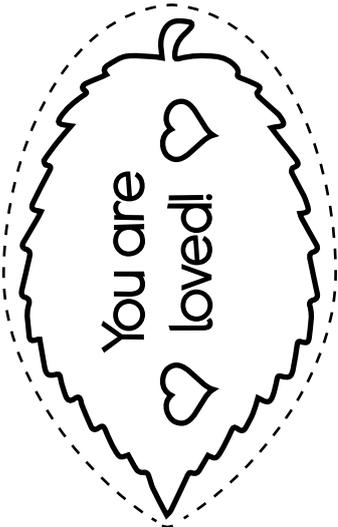
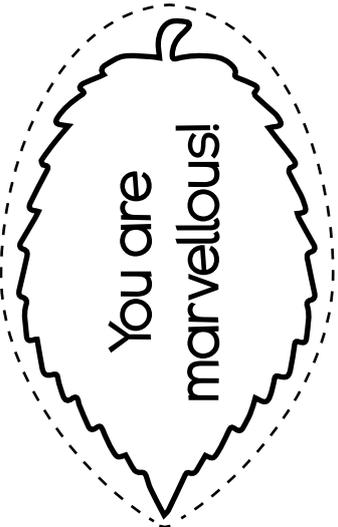
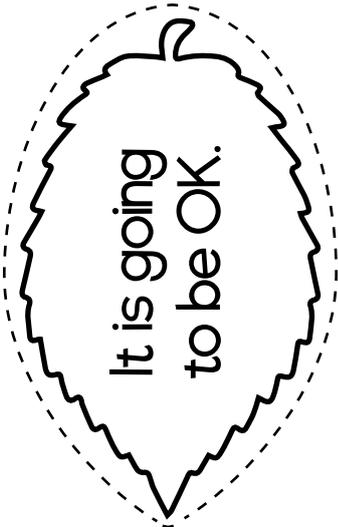
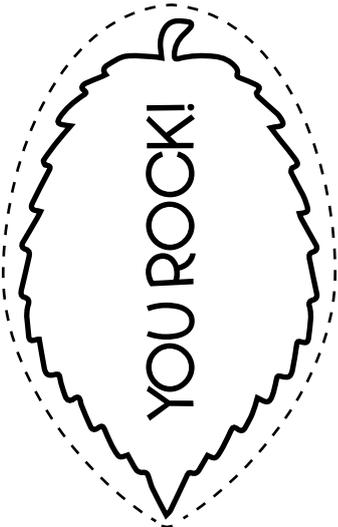
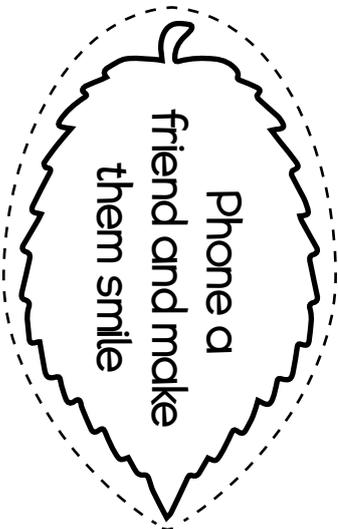
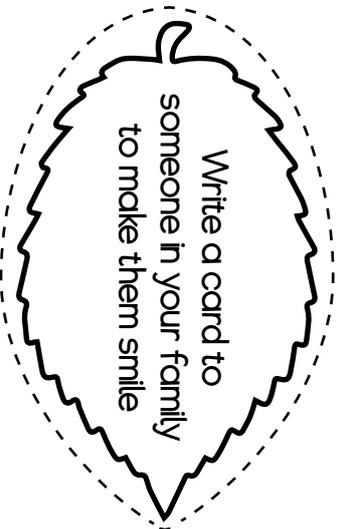
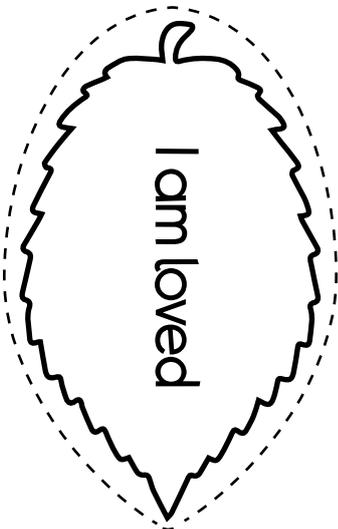
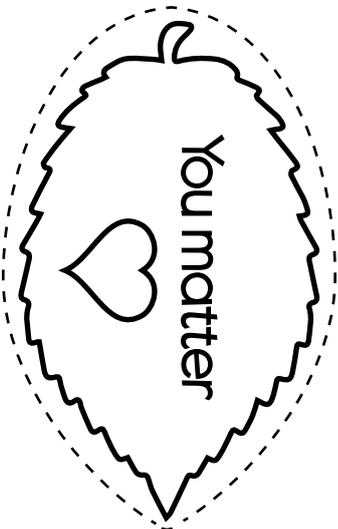
 @monkeywellbeing

 Monkey Wellbeing

Find more free downloads at [www.monkeywellbeing.com](http://www.monkeywellbeing.com)

The Monkey character and Monkey brand designs are trademarks of AhHa Publications Limited.  
© Copyright AhHa Publications Limited 2020





I am funny because..

I am a good friend because..

What do you think makes  
you AMAZING?

Who will you say thank you to  
today and why?

What makes you happy?

What is your favourite thing to do?

The last time you helped someone...

What are you grateful for?

I am interesting because...

A compliment I have received is..

I feel proud when....

Kindness is...

What makes you feel peaceful?

I feel strong when .....

What makes you feel loved?

I am relaxed when....

What is the song that makes your tummy feel warm and your heart sing?

What could you do to make someone feel happy today?

What can you do to be kind today?

