

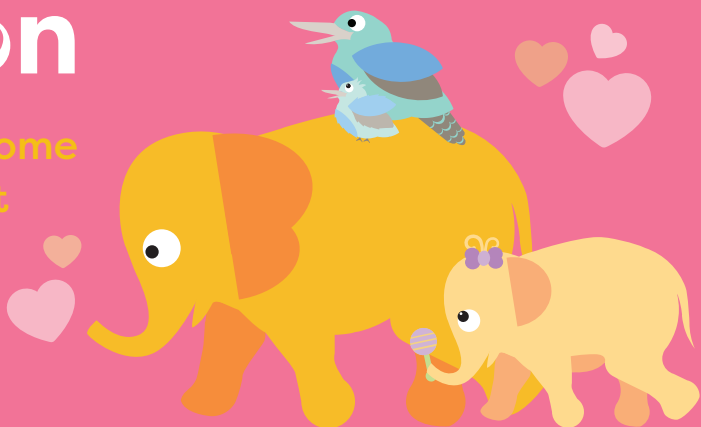


SPECIAL  
EDITION!

# The Kindness Edition

Playgroup at Home  
Activity Booklet

 Playgroup



Thank you for  
everything you  
do for me!

I love you!!



**“A little consideration, a little thought for others, makes all the difference.”**

A.A Milne

This global pandemic has separated us physically, yet in many ways it has brought us closer together. We are finding new ways to connect. We are having more sustained, meandering conversations. We are pottering around at home together. On good days, we are immensely grateful for what we have.

Often those with very little, are sharing a lot.

Spirits have been lifted by acts of generosity and kindness- to our neighbours, our health workers, those who are vulnerable, and those who are still working to provide things for others- supermarket workers, pharmacists and posties. We have seen wonderful displays of empathy and compassion.

Thoughtful gestures remind us that we are valued by others. Forging connections as individuals, and as a collective, gifts us with meaning and purpose. It shows us that we are cared for and reminds us of the good in the world.

At playgroup, we thrive on human connection and we want to build on this as best we can, creating intergenerational bonds and friendships. Please join us as we spread small acts of kindness where they are needed most.



**“Unexpected kindness  
is the most powerful,  
least costly, and most  
underrated agent of  
human change.”**

**Bob Kerrey**



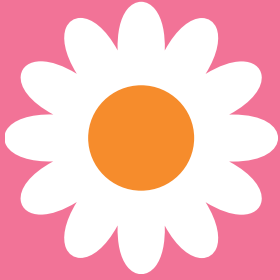
# Random Acts of Kindness

Even the smallest, simplest act of kindness can make someone's day. Try out these ideas:



1. Make a household **kindness jar**
2. Write a kind note. A little post-it-note on the bathroom mirror or a nice note popped into a neighbours letterbox will brighten their day
3. **Pay It Forward** - learn more about the Pay It Forward movement here
4. Write positive messages in chalk on your footpath for passers-by to see
5. **Donate to the Foodbank** - every \$1 you donate will provide two meals to someone in need
6. Take time **to smile every day.** This act is good for you as well as others
7. Write **a poem** for a loved one
8. Make **a kindness rock** and leave it in your local park
9. Bake something for a friend
10. Ask your neighbour if they need anything at the shops
11. **Send someone a hug!** Trace around your body, decorate and pop it in the mail to a loved one
12. Give your friend a call and ask them how they are going

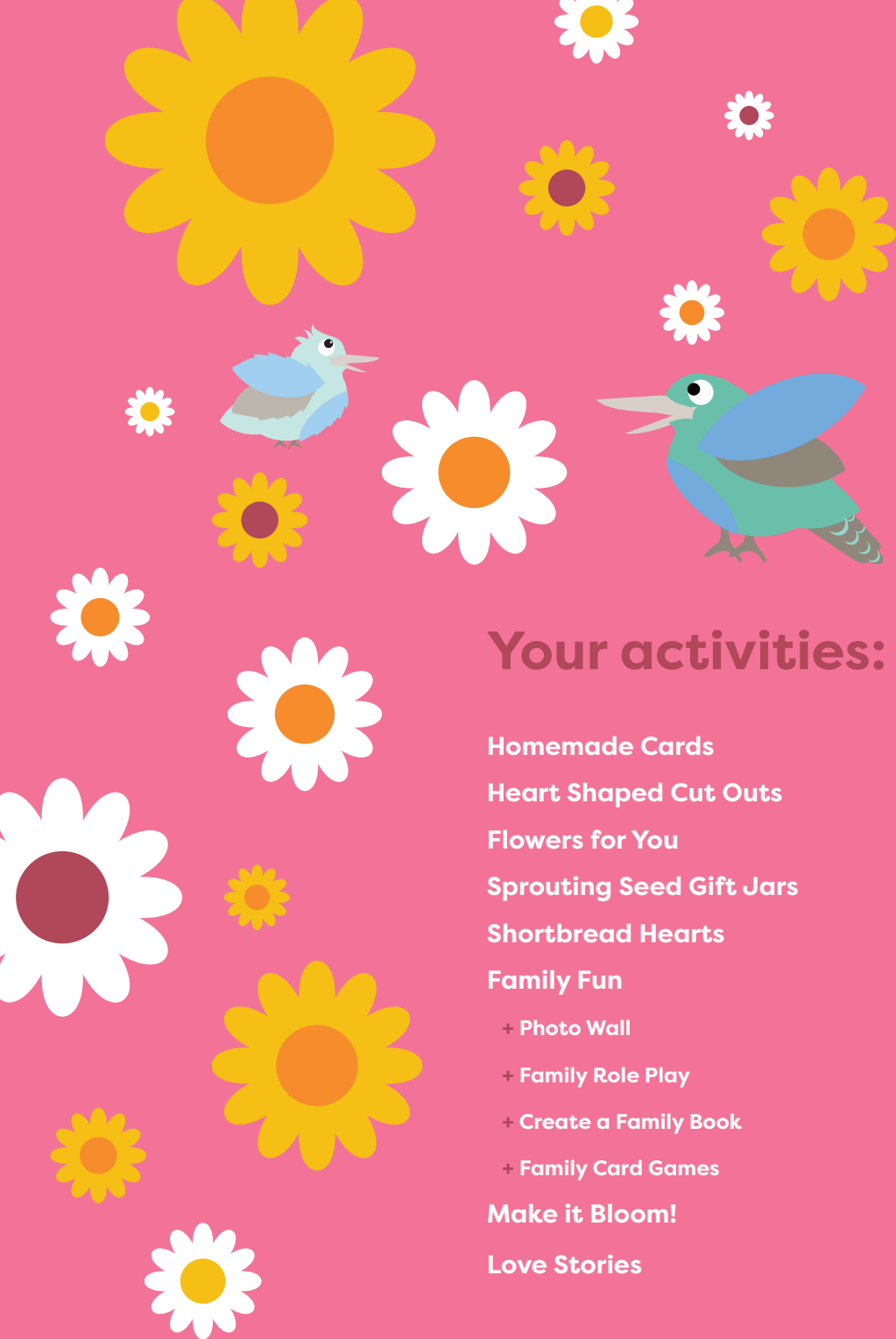




**“We rise by  
lifting others.”**

Robert Ingersoll





## Your activities:

**Homemade Cards**

**Heart Shaped Cut Outs**

**Flowers for You**

**Sprouting Seed Gift Jars**

**Shortbread Hearts**

**Family Fun**

+ Photo Wall

+ Family Role Play

+ Create a Family Book

+ Family Card Games

**Make it Bloom!**

**Love Stories**

# Homemade Cards

Card making is a wonderful way for children to practice their writing and reading. Encourage your kids to express their thoughts and emotions. Storytelling comes to life on the page!



## What you need...

- Paper or card
- Crayons/pencils/textas
- Scissors
- Glue
- Additional craft materials such as fabric, glitter, wool or magazine clippings

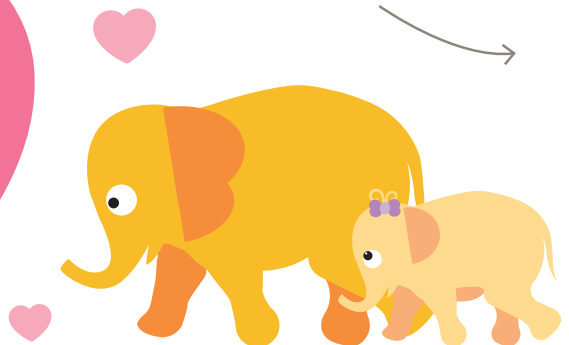
## What to do:

- + Fold blank paper or card in half to make a card shape
- + Get creative! Decorate and write in your card
- + Deliver to someone you love. With your child address and post your letter. Take this time to explain why we use stamps and what happens after you put your card in the post box.

Try making a heart shaped card using our print and cut template on the next page

## Tip!

Include photos to make it more personal  
Make a card for an elderly neighbour and pop it in their letter box

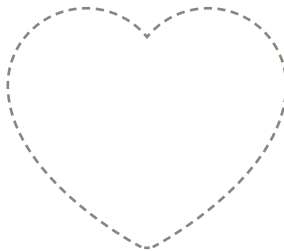
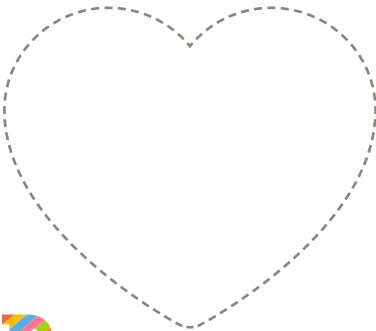
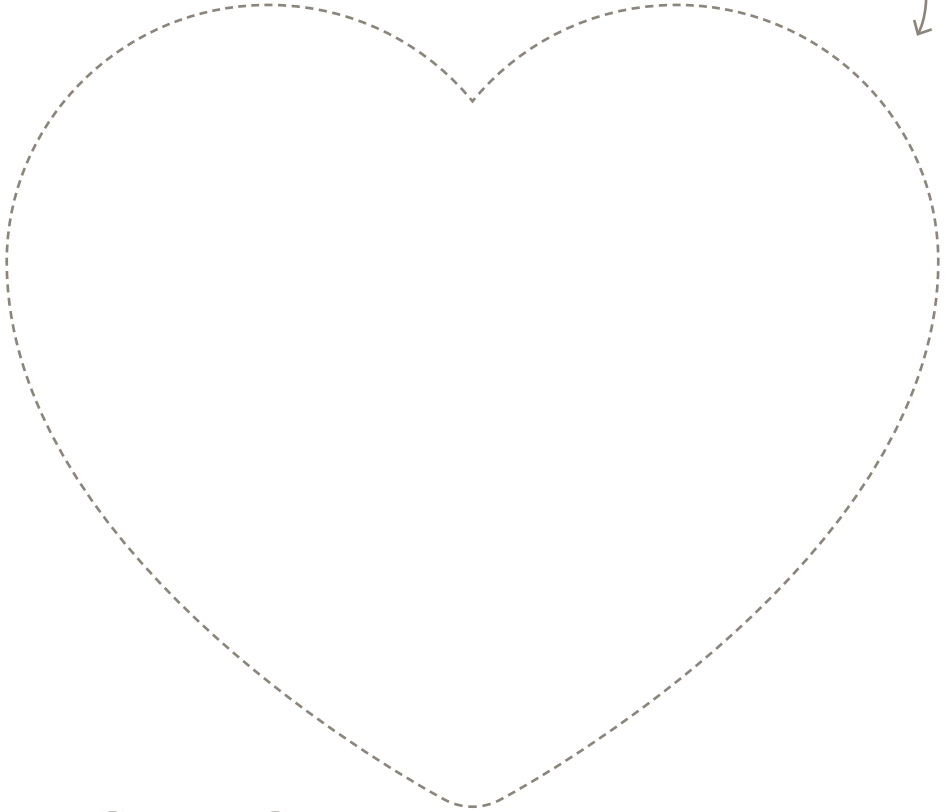


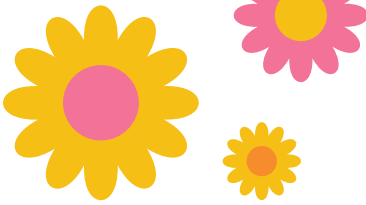


## Heart Shaped Cut Outs



Print and cut out the heart templates for card making, gift tags, personal notes or any other crafty ideas you have!





# Flowers for You

## What you need...



Egg cartons  
Paint and decorative craft items  
(pompoms, cotton wool, coloured card, pictures from a magazine, small family photos)

*Nb: One carton makes 6 - 12 flowers*



## What to do:

+ Cut out each cup from the egg carton

Nb: Cut with caution. This part of the activity is best undertaken by the adults. You could draw the outline of the petals and supervise your child with a pair of kid's scissors

+ Cut down to centre in six equal places to make the shape of petals

+ Paint and decorate your flowers



## Inspiration

Collect a few items from the garden to decorate. You could use a twig as a stem

Paste flowers onto a paper plate and fill with small chocolate treats or other small gifts

Decorate your kitchen table with your homemade flowers

Use blue tac or sticky tape to stick your flowers to the inside of a window to share with passers-by

Stick your flowers onto a coloured paddle pop stick and adhere it to your fridge or front door

Place your flowers on a piece of card and write a note to gift to a friend



# Sprouting Seed Gift Jars

Watch seeds sprout and grow! Explore the process of planting and growing and share with friends. Lifelong skills are made in the garden.



## What you need...

Cotton wool balls  
Clean glass jars  
Water sprayer  
Seeds (Pick whatever you like!  
Try sunflower seeds or mixed  
bird seeds)  
Art and craft materials (paint,  
textas, glitter, glue)

## What to do:

+ Using your craft materials, decorate the outside of the jars. Use your imagination. Stick material off-cuts to the jar, wrap ribbon around it or use textas or paint to write a message or draw a picture

**Tip! Write the name of the seeds you have used on the outside of your jar**

+ Once you have finished decorating your jars, pull apart the cotton wool balls and place them in the jar. Stop once you are about halfway to the top of the jar

+ Spray the cotton wool with water until evenly damp. Then place a few seeds into the top of the cotton wool

+ Put in a warm and sunny place

+ Spray with water daily or if you notice the cotton wool drying out. *Note: Try not to over water your seeds. They will need a moist environment to sprout, but will rot if the cotton wool gets soggy*

**This makes a lovely gift for someone. Be sure to tell your recipient that when the seed has sprouted, gently transfer to a pot with soil for the plant to continue grow.**

## Tip!

Want to make edible sprouts? Try using one of the following seeds - Alfalfa, Cabbage, Cress, Pea, Lentil or Mung





# Shortbread Hearts

Make these sweet treats to share with family and friends. Leave them on the doorstep of someone who might be alone or unwell.



## What you need...

### Cookies

220g butter chopped  
125g icing sugar  
300g plain flour

### Decorating

1 cup icing sugar  
Water  
Food dye – pick your favourite colours  
Sprinkles or other edible decorations



### Utensils

Mixing bowls and spoons  
Cookie cutters  
Electric mixer  
Rolling pin  
Baking trays and paper



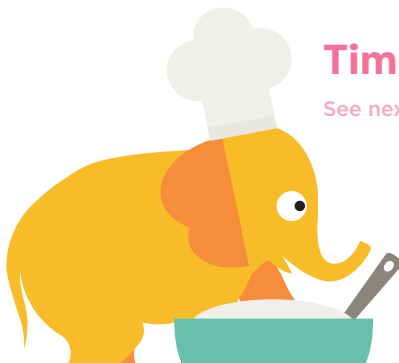
## What to do:

- + Pre heat oven to 160°C. Line baking tray with baking paper
- + Cream the butter and sugar using mixer
- + Slowly add the sifted flour into the mix
- + When combined, turn mixture onto a flat surface and knead until the dough forms
- + Roll the mixture until 1/2 cm thick
- + Using the cookie cutters, cut shapes and transfer the cookies to the baking tray
- + Bake in the oven until slightly golden
- + Place on a wire rack to cool completely



## Time to decorate!

See next page for step by step

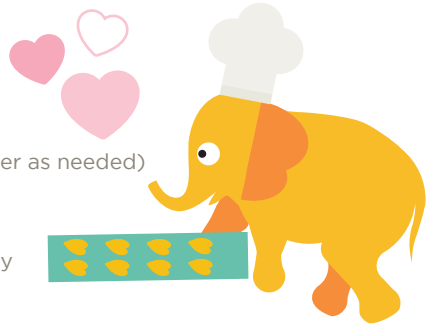




# Shortbread Hearts

## Now the fun part...

- + Place icing sugar in a small bowl
- + Add a teaspoon of water and food dye
- + Mix until it forms a smooth paste (add more water as needed)
- + Repeat in different bowls for each colour
- + Decorate the cookies using icing, sprinkles or any other edible decorations you like
- + Wrap cookies and deliver to family and friends



**TIP!** Why not try flavoured shortbread by adding cocoa to the mixture or make shortbread sandwiches by spreading jam or Nutella on one cookie and placing another cookie on top.



# Family Fun

## Family Photo Wall

Family photos enhance a child's sense of belonging. Use photos dotted around your house to start conversations about your own childhood, your family heritage and fond memories you have of being together.

Gather photos of your loved ones. Glue the photos to a card and write the person's name on the card. Laminate or contact the photo. Stick these photos on a wall or on your fridge where your child can see it clearly.

When the child looks at the photo, continue your discussion. This will help them to practice their language skills and it gifts them with a greater sense of meaning about their family and surrounds.



## Family Role Play

Swap roles in your family and experience what it's like to be mum, dad, a grandparent, aunt, uncle or sibling. This is a fun and playful activity that allows children to practice what they are learning. Put on a show where you swap characters.

Pretend play is a crucial part of development, one that allows children to create play worlds where they refine their skills and knowledge. It's lots of fun which encourages children to repeat the exercise and develop their learning further.

# Family Fun

## Create a Family Book

A great way to promote early literacy and storytelling is by creating your own book, rich with meaning to your child. Use family photos to make your book personalised. You could gift your book to a grandparent or friend. Do not worry if there is no words- a picture can tell a thousand words. Combine pictures, drawings and photos to make it your own.

[Click here to learn how to make your own book!](#)



## Family Card Games

Play card games such as snap or memory, with familiar faces.

### You will need...

A range of digital family photos and a printer (you can print photos straight from your phone at Kmart or Officeworks) - Scissors and Glue - Laminator or contact - Coloured card (cut a range of pieces into the same size - A6 is a good size for playing games)

### What to do...

- + Build a digital collection of photos of family members (why not use photos from family events or baby photos)
- + Print out each photo twice
- + Cut out the photo and stick it on to the coloured card
- + Laminate or cover with contact to protect the card

This is a great way to weave literacy and numeracy into your daily learning. Count the cards and read and write the names. The cards can also be a great spring board for stories and conversation.



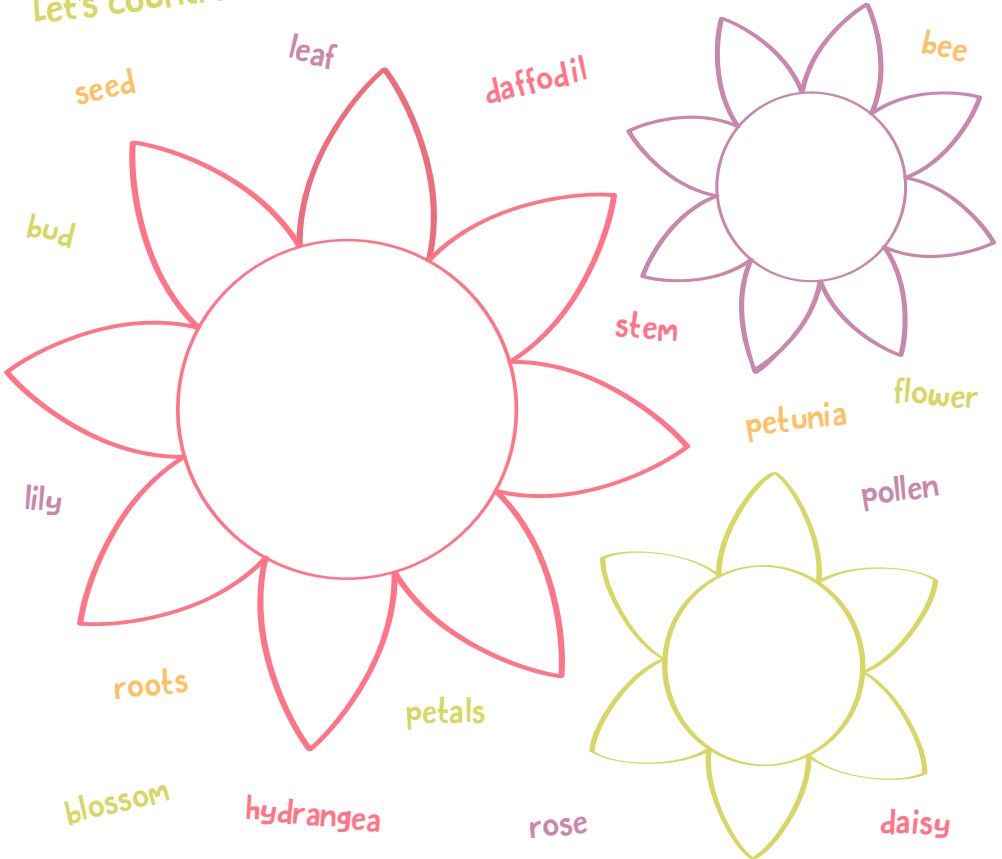
# MAKE IT BLOOM!

Painters, sculptors, designers and dancers! Many artists love looking at the world around them. Think about your favourite flowers, colour and cut paper flowers below, then watch them bloom to life!

- 1 Place a small amount of water in a bowl and set aside for later.
- 2 Colour in the flowers below with pencils.
- 3 Ask an adult to help cut out the flowers carefully.
- 4 Fold each paper petal into the centre, one by one.
- 5 Gently place the paper buds on top of the water's surface and wait. Slowly your flower will bloom before your eyes!

The NGV welcomes playgroups to engage in creative experiences. Discover free online events, activities and games for children of all ages. See [ngv.melbourne/kids](http://ngv.melbourne/kids)

Let's count! How many petals does your flower have?





# Love Stories

By The Kindness Pandemic

“A friend is one of the nicest things you can have and one of the best things you can be.”

Douglas Pagels



## What you need:

A computer or device to email

Pens/pencils/paper if you would like to do a hardcopy letter

Photos/quotes/kind and joyful things to share



The *Love Stories* campaign connects vulnerable, isolated and anxious older people with their family and friends through messages of love. Older people are then invited to respond.

The campaign aims to help reduce the anxiety, isolation and loneliness that older people may be experiencing and forges intergenerational bonds. This exercise aims to enrich and bring greater meaning to our lives.

**[Find out more about The Kindness Pandemic HERE](#)**

## What to do:

- + Write a letter or message to an older person. You could draw a picture, write a story, a poem or a song
- + Share this with the older person – post a hard copy to them in the mail or send them an email
- + Invite the older person to respond

Share your Love Stories on [The Kindness Pandemic Facebook group](#).

Join the **[Random Acts of Kindness](#)** campaign for staff in supermarkets or health care workers and send an extra bit of kindness their way.



**“It’s about thinking what matters  
and I think one of the things  
that really matters and would  
make the world a better place is  
intergenerational connections.”**

*Dr Catherine Barrett , The Kindness Pandemic*



## CREDITS

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### PHOTOGRAPHY CONTRIBUTIONS

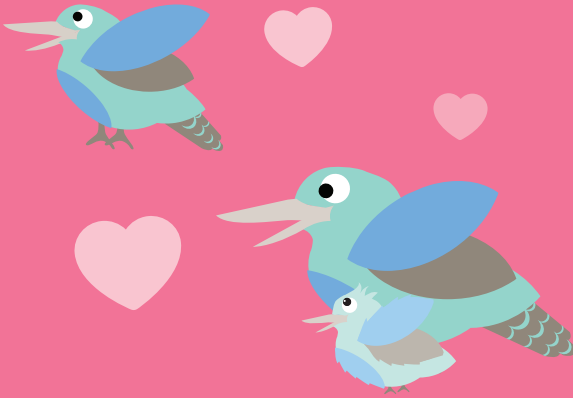
Playgroup Queensland, Leanne Dhami, Fiona Holder, Mylie Nauendorf, Vicki McDonald and [www.pexels.com](http://www.pexels.com)

PLAYGROUP VICTORIA ACKNOWLEDGES THE TRADITIONAL OWNERS OF COUNTRY THROUGHOUT AUSTRALIA AND THEIR CONTINUING CONNECTION TO LAND, SEA AND COMMUNITY AND WE PAY OUR RESPECT TO THEM, THEIR CULTURES AND TO THE ELDERS PAST AND PRESENT.



Playgroup

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Share your acts of kindness with us on  
Facebook and Instagram!

