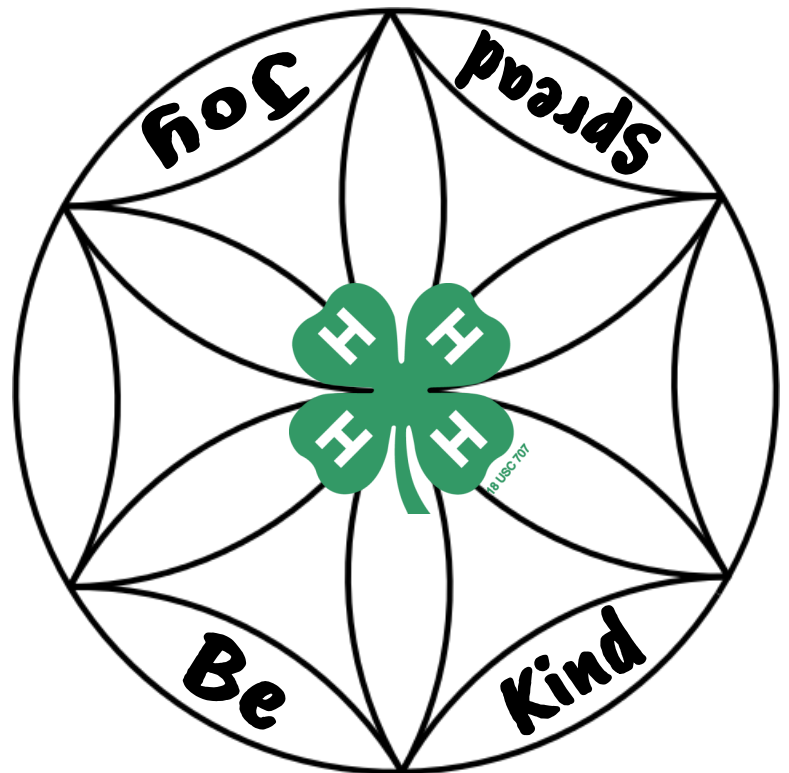# PROJECT KINDNESS SPINNERS

Make kindness a habit with Project Kindness Spinners! Kindness can make a difference in your life and others.

Supplies: Cereal box, a 4-inch diameter circular object to trace (bowl or lid), pennies, markers, crayons or colored pencils, glue, scissors, and a printer (optional).

Instructions:

1. Using the cardboard from a cereal box, cut out a 4-inch circle.
2. Print off the designs. Then color and cut out your design. Glue the design to the top of the cardboard circle.
3. If you are not using a printer, create/color your own design on the cardboard.
4. Cut a small slit in the middle, being careful not to cut the slit larger than the penny. (Adult help may be needed.)
5. Insert a penny into the slit and spin your Kindness Spinner!

Spread Kindness: Ask a friend, sibling, or neighbor to join you in making Project Kindness Spinners, or give a spinner to a friend. How can you spread kindness in your community?

Be Kind to Others

Joy   Spread   Be   Kind

UNIVERSITY OF Nebraska Lincoln

PROJECT KINDNESS SPINNERS

Make kindness a habit with Project Kindness Spinners! Kindness can make a difference in your life and others.

Supplies: Cereal box, a 4-inch diameter circular object to trace (bowl or lid), pennies, markers, crayons or colored pencils, glue, scissors, and a printer (optional).

Instructions:
1. Using the cardboard from a cereal box, cut out a 4-inch circle.
2. Print off the designs. Then color and cut out your design. Glue the design to the top of the cardboard circle.
3. If you are not using a printer, create/color your own design on the cardboard.
4. Cut a small slit in the middle, being careful not to cut the slit larger than the penny. (Adult help may be needed.)
5. Insert a penny into the slit and spin your Kindness Spinner!

Spread Kindness: Ask a friend, sibling, or neighbor to join you in making Project Kindness Spinners, or give a spinner to a friend. How can you spread kindness in your community?

Be Kind to Yourself

Spread Kindness

18 USC 707

Share a Smile

Be the Change

18 USC 707