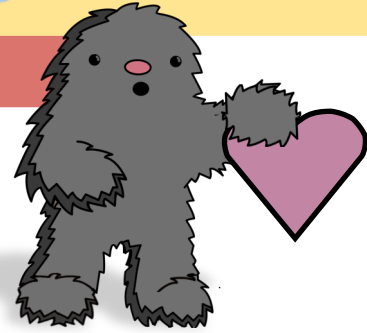


**#bemoreyeti**  
FREE PRINTABLES



**KINDNESS CHALLENGE**  
NOVEMBER

## CRUMPLED HEART



- Give each child in your class or family a heart shaped piece of paper.
- Ask them to suggest unkind things they could say or do to hurt someone's feelings and add a fold to the heart for each suggestion.
- Unfold the heart and help the children to recognise that the crumples can't be taken away.
- Discuss what happens to others when they say and do mean things and use the heart as your illustration.

