

Kindness Cookies Activity Instructions

Ingredients (makes 6 dozen)*

- 2 ¼ cups of encouraging words (all-purpose flour)
- ¾ cup of compliments (granulated sugar)
- ¾ cup of treating people the way you want to be treated (brown sugar)
- 2 cups of helpfulness (chocolate chips)
- 1 teaspoon of being willing to sit with anyone (vanilla extract)
- 2 helpings of genuine smiles (eggs)
- 1 teaspoon of sincere apologies (baking soda)
- 1 teaspoon of standing up for others (salt)
- 1 cup of including everyone (butter, softened)

* For a tidier, quicker activity, the first four ingredients can be measured into sandwich bags ahead of time. This way students can simply empty the bag into their mixing bowl.

Preheat the oven to 375 degrees.

Combine ingredients for a kind community in a large mixing bowl. While getting each ingredient, discuss what that ingredient means and come up with an example for it.

Place teaspoon-sized balls on an ungreased baking sheet.

Bake for 9-11 minutes and let cool.

Optional: While the cookies are baking, read aloud [Cookies: Bite-Sized Life Lessons](#) by Amy Krouse Rosenthal. If time permits, share reasons why each ingredient is important.

Take Home Challenge: Print out the Take Home Challenge sheets. Students take these home with a few cookies that were made in class. To earn a prize, they give their parent a cookie and discuss why kindness is important for their family.