

Kindness Cookies Introduction

Leader 1: Aesop famously wrote that “no act of kindness, no matter how small, is ever wasted”, but how do we actually practice being kind?

Leader 2: Well, we start by following the golden rule: do unto others as you would have them do unto you.

Leader 3: This could come in many forms, which might include complimenting others, including everyone who wants to participate, and being willing to eat lunch or play with anyone.

Leader 4: Giving an encouraging word and smile to someone who needs it can really make someone’s day.

Leader 5: Remember that when you make a mess, someone has to clean it up. Be considerate of custodians, business owners, and your parents and nannies by helping to keep your spaces clean.

Leader 6: If you’re on the sports field and someone gets hurt, stop playing and offer to help. If you hurt someone, make sure you give them a sincere apology.

Leader 7: Include everyone. It doesn’t help people feel included when you save a seat for someone else. When a leader announces that you will have a partner for an activity, don’t voice who you hope your buddy is.

Leader 8: Always build people up. Don’t tear them down or do anything that could make other people feel bad. Never make fun of anyone or roll your eyes.

Leader 9: Do not talk behind people’s backs or spread rumors. If someone’s not there, don’t talk about them. Don’t pass on unfriendly information about someone, especially if you don’t know it to be true.

Leader 10: Today’s activity will demonstrate how each little act of kindness adds up and how sweet it is when we practice being kind.

Leader 11: We will be making kindness cookies following the recipe on the board. As your group gets each ingredient, come up with a reason why it is important in our community before placing it in your bowl.

Leader 12: The recipe is on the board and the ingredients can be found _____. Without further ado, let’s get cooking!