Kindness Hot Potato

Lesson Timeframe
15-20 mins

Materials
❏ Ball (or something light to throw)
❏ Caring poster (optional)

Share

Discuss the connection between KINDNESS and CARING. Define caring: CARING IS FEELING AND SHOWING CONCERN FOR YOURSELF AND OTHERS. (Show the Caring poster if desired.)

As a group, identify kind behaviors that demonstrate how we take care of ourselves. How can we show respect and caring for ourselves first? How do you treat yourself with kindness? Ask volunteers to share one way they practiced self-care today before coming into our program. Aim for 2-3 volunteers of varying ages.

Inspire

When we are kind to ourselves, we are naturally better able to care for and be kind to others. We must be kind to both our bodies and our minds. The words we say to ourselves ("You look great today, Lisa!") and the actions we choose (brushing our teeth, eating healthy, etc) help us feel good. When we choose unkind words and actions, we are not practicing self-care. We have many opportunities to be kind to ourselves each and every day. Today we will highlight different ways to practice self-care as one way to be kind to ourselves.

Empower

Guide your group in a game of Kindness Hot Potato. Have everyone form a large circle in the room. Beginning with an adult, toss a ball (or other light item) around randomly throughout the circle. Recite the tune, "Hot Potato, Hot Potato, Who's got the Hot Potato?" At the end of the chant, the person who is holding the ball must complete the following prompt, **"I am kind to myself when I …"** (When I brush my teeth, when I get enough sleep, etc.)

Repeat until everyone is able to share.

Reflect

It is just as important to care for ourselves through kind words and actions as it is to care for others.

- What are some ways you may accidentally ignore your own self-care?
- How can we use kindness to take care of ourselves?
- What part of self-care is harder for you? (getting enough sleep, choosing healthy foods, etc) Why?