

# Kindness Jars

KINDNESS AT HOME™  
ACT • Week 4 • RESPECT

## Timeframe

10 min set up  
10 min daily check in

## Materials

- Mason Jars (or any clear containers like water bottles, cleaned sauce jars, etc.)
- Rocks or other counters
- A bowl for the counters



## ACT

We have spent four weeks focusing on what respect is and how we can increase respect both for ourselves and within our home. Now it's time to act on what we've learned! This week the goal is to catch others being kind and respectful. Remember: **Respect is treating people, places, and things with kindness.** To promote a focus of respect in the home, we will be using kindness jars to “catch” respectful actions and words of others throughout each day. At the end of the day all of the jars will be combined into one family jar. When the family jar is filled, we get a family based reward (like a movie night, a hike, a trip to the park, etc.).

Make sure the family reward is something that everyone is excited about!

**Our KINDNESS JAR FAMILY REWARD IS:** \_\_\_\_\_

## PREP:

Take time together to find and label the following:

- A FAMILY Kindness Jar (label it family; it can be bigger than the other jars)
- A Kindness Jar for EVERY person in your home (Label each jar with the person's name. Have them decorate their jar if desired. You can use stickers, glitter pens, etc.)
- A bowl filled with counters (rocks, blocks, marbles, anything small that easily fits in the jars)

## PROJECT:

As a group, review the rules for the Kindness Jars:

- Each person's jar is empty at the beginning of a new day.
- Whenever you see a person being kind and respectful (through actions or words) place a counter in their jar.
- At the end of the day, dump each person's counters into the FAMILY JAR.
- If time allows, review the respectful words and actions others noticed to encourage more of these types of behaviors.
- Once your FAMILY JAR is full, it's time for the family reward!
- NOTE: Make sure to brainstorm examples that qualify as kind and respectful words and actions. Examples include: Giving a compliment, helping someone else, thanking them when they help you, pitching in with a chore, etc.

## Level Up!

Want to take your Kindness Jars to the next level? Add different color counters to the bowl and have family members put counters in each other's jars for BOTH words and actions that promote SELF-RESPECT and those that show RESPECT FOR OTHERS.

