

# Wear Your Courage

In this project, students will create a tie-dyed shirt for themselves using colors that represent all of the things they have learned throughout the year. Red = Respect; Orange = Caring; Yellow = Inclusiveness; Blue = Fairness; Green = Responsibility; Purple = Courage. When students wear it, they can be reminded that it takes courage to do these things for themselves and for others, but they can do it!

## Kindness Concept(s)

Courage, Kindness

## Project Timeframe

25-30 minutes

## Required Materials

- 100% Cotton T-shirt (anything containing 5% or more of polyester will not dye well)
- Soda Ash
- Rubber Bands
- Rack (to dye on) - could be a plastic garbage bag or some other plastic cover to protect tables and floors. You could also do this outside.
- Plastic Bin, or, again, some kind of cheap plastic (to catch the dye)
- Fiber Reactive Dye - These should be the colors of kindness as outlined above; some kits do not require Soda Ash - water will do! This kit from Amazon would work well: [Tie Dye Kit](#)
- Ziploc Bags (to put shirts in) - optional; not all dying processes require this; the shirts could simply sit on the plastic covered surfaces overnight.
- Sharpie Marker (for writing names or other encouraging messages; be sure each shirt is at least marked on the tag so students know whose shirt is whose!)

You may want to partner with the art teacher for this project as he/she may have the appropriate space and materials to help with the dying process.

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To help reinforce the idea of kindness as colors, show the following video:

 [Color Your World With Kindness](#)

Questions:

- When the boy gave the girl his apple, what color did it turn? Red
- What was the boy showing the girl by giving her his apple? Kindness, caring, respect
- What color did the money turn when that same girl helped the man who had dropped his cash? Green
- What was the girl showing to the man when she returned the money? Kindness, responsibility
- What color did the suitcase turn when the man helped the woman get her bag on the plane? Orange
- What was the man showing to the woman when he helped with the bag? Kindness, caring
- When the woman helped the mom and baby on the plane, what happened? They turned all different colors and everyone laughed.
- Why did it take courage for the woman to help make the baby laugh? Everyone else was mad at the baby for being loud; she decided to stand up for the mother and help her make the baby happy. It is hard when your baby is crying and you can't help him or her calm down; the woman knew he had to stand up for the mom and help out.

## Instructions

Each student should bring in a plain white T-shirt. These are often sold in box stores in packs of 2 or 3, so consider buying them for the class and dividing the cost per student or suggest to parents they buy shirts together. Or, if cost will be a hardship for your students, speak with an administrator about using school funds for this type of activity. (For example: on Amazon, you can get a 5-pack of white t-shirts from Fruit of the Loom for about \$7.50; for a class of 25, this would work out to about \$1.50 student. If you use Amazon Smile to make this purchase, a percentage of your purchase can be donated back to your school!).

This video demonstrates several easy ways to fold the shirts for dying:

 [Tips for Tie Dye With Kids](#)

This site provides instructions, too:

[instructables.com/id/How-to-tie-dye-an-old-white-shirt-or-a-new-shirt/](https://www.instructables.com/id/How-to-tie-dye-an-old-white-shirt-or-a-new-shirt/)

This site shows instructions and a materials list; the instructions are also specific for classroom use:

[theartofed.com/2016/06/13/step-step-guide-tie-dye-classroom/](https://theartofed.com/2016/06/13/step-step-guide-tie-dye-classroom/)

When you are finished, each student will have a colorful shirt to remind him or her about being kind throughout the summer! Students could also sign each others' shirts and write kind words or phrases to encourage each other!



DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>