

# Kindness Kaleidoscope

Write it, do it secretly, drop a token, share the story — kindness made visible.

SCAN TO SEE IT PLAYED



## The core game

### How it works

- 1 Each person writes one act of kindness on a slip of paper — anything from 'give a compliment' to 'help with a chore' — folds it, and drops it in a container.
- 2 Everyone draws a slip at random and keeps it secret. Over the next week, they must perform that act of kindness.
- 3 Place a Kindness Jar and a pile of tokens in a shared space. Any time someone notices a kind act — from this week's draw or a spontaneous one — they drop a token in the jar.
- 4 At the end of the week, gather as a family, count the tokens, and share stories about what you noticed, gave, and received.

## Ways to play

### Two versions for every occasion

#### Way 1 — Random Acts Round

Best for 2–8 players · Home, any day of the week

- Set up: each person writes one act of kindness on paper, folds it, and adds it to the container.
- Everyone draws a slip — keep your act secret from the rest of the family.
- Over the next seven days, perform your act and do it without announcing it.
- Drop a token in the Kindness Jar any time you spot kindness happening — planned or spontaneous.
- Gather at the end of the week: share stories, guess who did what, and celebrate the full jar together.

#### Way 2 — Kindness Chain

Best for 2–8 players · Evening family time

- Sit in a circle together — youngest family member starts.
- The first person says something genuinely kind about the person to their left.
- That person then says something kind about the next person around the circle.
- Keep going until everyone has both given and received a kind word.
- Close with one person sharing a kindness they witnessed outside the family that week.

## TIP FOR PARENTS

### Try this at home

Keep the Kindness Jar somewhere central like the kitchen bench and make dropping a token a low-key habit — no ceremony needed. Over a few weeks the jar fills up and becomes a beautiful, tangible record of your family's goodness.

## THE SCIENCE OF PLAY

### Why it works

Research shows that actively looking for kindness — not just performing it — trains the brain to notice positive social moments more readily, which builds both empathy and optimism over time. The physical token in the jar gives the invisible work of kindness a visible, satisfying form.

## SCHOOL ' HOME

### The connection

*Your child has been thinking about kindness and how to practise it at school — this game brings that same intentional spirit of giving right into the heart of your home.*