

Activity for *Kindness*

**You will need a large round container of water
a handful of tumblestone crystals
a few drops of green or blue food dye
and a rough stone**

This activity Sit in a circle around the water container.

can be done Invite the children to take a few deep breaths as they settle and focus on the
with one coloured water.

child or a Take a crystal and gently drop it into the centre of the water.

whole group. Ripples will spread out to the edges of the container, and then bounce back to
the centre.

As you drop in the crystal, let the children know that it is a crystal of kindness.
When we are kind, the kindness ripples out to everyone.

Let them imagine that they are catching the ripples of kindness as they come
towards the edge of the container.

Bring their awareness to the ripples going back in to the middle toward the
crystal. When we are kind to others, kindness in some form always ripples
back to us.

Let each child have a go at gently dropping their crystal in the centre of the



container. Let them 'catch' each others kindness, and receive it as it comes back to them.

You may like to continue this activity with other positive qualities, such as joy, fun, love, wisdom. Ask the children what special qualities they would like in their lives.

At some stage, when it feels appropriate to you, drop the rough stone into the water, letting the children know that it represents painful emotions, such as anger, fear or sadness. These emotions also ripple out and adversely affect others around us—and ultimately, ourselves.

Discuss with the children when they have experienced the ripple affect in their lives. When were they kind to others, and how did that make them feel? How do they feel when others are kind to them?

Similarly, talk about times when someone wasn't kind to them, and how that made them feel.

How did they really feel, the times they weren't kind to others?

This may be an appropriate time to read a meditation or story from the book that corresponds to the painful feelings that the child felt.

Let them choose a **Crystal of Kindness** from your magical crystal pouch.

Finish the activity with a big hug.

**It is
nourishing
for us to be
truly kind
to another,
just as it is
nourishing
to receive
an act of
kindness.
Kindness
ripples
out from
person to
person in an
expanding
field of
goodwill.**

**Conversely,
meanness
begets
meanness.
Whatever
energy we
put out we
will surely
get back.**

