

Kindness garland



Telling someone how much they mean to you is a simple gesture that can do a world of good. Shower the people you care about with love by making kindness garlands!

Instructions:

1. Cut a piece of string roughly the length of two arms.
2. Cut out 12 paper triangles measuring 10 centimetres on each side.
3. Glue the triangles to the string.
4. Write something kind on each triangle.
5. Present the garland to the person you made it for.



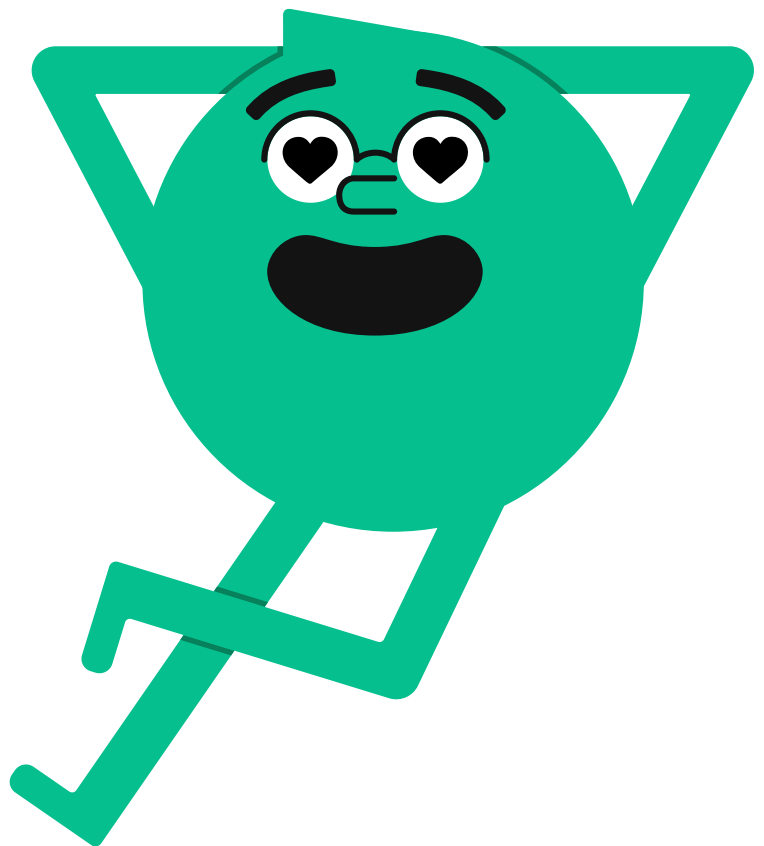
Examples of kind messages:

You're my ray of sunshine!

I love when you sing to me.

You always know how to make me feel better.

Etc.



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