Plant a Seed of Kindness Guide

1) Intro: What is Kindness?
Think of some examples of kindness and come up with your own definition. Expanding on that, what is a culture of kindness to you? How can we cultivate that in our community?
Take a minute to think about when someone has been kind to you or you've been kind to them.
How does it make you feel when someone has been kind to you? When you have been kind to someone else?
~Let that feeling flood all over you ~

2) Kindness and the Environment
Now think about a time you have been outside, in the environment and have felt similarly - how the joy of the outdoors can bring you kindness too.
What are some ways that we can be kind to our environment?

3) Kindness singalong for kiddos (or anyone!) https://www.youtube.com/watch?v=H98Rfljxmsc

4) Where does kindness start?
Kindness starts with the self and knowing how to nurture yourself. What does that mean to you?
Because we are connected in a web of life, oftentimes the healthiest choice we can make for ourselves, is also the healthiest choice for the environment. What are some examples in your life?
(walking and biking vs a car gives us exercise and reduces CO2 emissions; eating organic is better for our bodies and the soil; reduce, reuse and recycling helps keep litter out of nature so we can play in it without garbage)

5) Thinking about these 3 environments of kindness (self, community, nature), it is time to plant your seed! If you have materials (a stick, some paper, pen, and tape will do!) you can make a little sign of a way you want to be kind in the world or to yourself and post it next to your plant (you could also make a big sign to put in your window for neighbors to see!). As you help the seed grow, you can also be mindful of putting kind energy towards what you want to grow depicted on your sign. Poke holes in the bottom of the container. This will help the water drain out and give oxygen to the roots. Take the lid off the container and put it underneath so it will catch excess water that comes out. Push the seed into the soil and give it a sprinkle of water.

It all starts with one little seed of kindness. Once you feel how good it feels, it expands. Keep seeding more ideas, and more plants!

We would love to see your signs and plants! Feel free to share on
https://www.facebook.com/SpreadingKindnessOregon/