



Project #2: Windmill + Painting Acts of Kindness

Group lesson: 10 children

Age Group: K-8th

Volunteers: 2-3

****MESSY PROJECT****



Kindness
is
Magic

Project Explanation:

The first activity, Painting Acts of Kindness, is a **healthy relationship building activity** meant to help the children identify what they do on a weekly basis that can create healthy relationships. Each child will paint an act of kindness they did in the past week on a reusable grocery bag (blank canvas bag). Please emphasize that being kind to one another is how relationships grow!

The children will then learn about the importance of renewable energy sources by creating a simple windmill. They will be introduced to these topics by an educational cartoon on Youtube (links included below and in volunteer Google Drive). As you watch the videos, be sure to emphasize the lessons learned in the video and be ready to answer questions!

You will then distribute the materials for the Windmill project. This project will teach the children about renewable energy; how it is important to be nice to the earth and create sustainable practices. One small sustainable practice they can implement is to use reusable grocery bags, just like the one from activity #1!

Project Objectives:

- Express and paint Acts of Kindness of the week.
- Learn about the importance of renewable energy sources and small things the kids can do at home to have a positive impact on the environment.
- Learn how to make a windmill!



Project Goals:

- Create a safe, fun and collaborative environment
- Emphasize sharing and communication
- Identify strengths, encourage and praise!
- Remember to be non-judgemental and support through a trauma-informed and inclusive approach!
- HAVE FUN!

Materials Needed: extras of materials available!

- 10 blank canvas bags
- Assorted colors of paint and paint brushes
- 20 paper cups
- Hole punch
- 10 gold round head fasteners
- 10 windmill paper printouts
- Scissors

Set up:

1. ****MESSY PROJECT****: Please lay down the plastic floor mat under the table and the plastic tablecloth on the table + hand out aprons!!
2. **Extra supplies**: sharpies, coloring utensils
3. **Cleaning supplies**: have paper towels and clorox wipes ready!

Instructions:

1. **Healthy relationship building project**: ask the children if they did an act of kindness this past week, ask them to paint it on the bags! If they haven't, ask them to perform an act of kindness for another kid or volunteer!
 - a. Please say out loud that the program participants and volunteers are a part of a **circle of trust!** Remember to enforce that there are no judgements, and that emotions can be trusted in this group.
 - b. Go around the table and share what each person did as an act of kindness that week
 - c. Emphasize: healthy relationships with other people requires acts of kindness not acts of violence. Make children aware that acts of kindness, however small or big, are important!
2. **Windmill Project**: hand out a paper cup, round head fastener and windmill paper printouts to each child. (share scissors!)
 - a. Show all the children the project example included in the kit



- b. First, watch this educational Youtube video:
<https://www.youtube.com/watch?v=osBVRfvkmAU>
- c. Please describe how these windmills are similar to the windmills they saw in the cartoon, and how they can help create a renewable energy source! Say that the little things; using reusable water bottles, reusable grocery bags, recycling and being mindful of trash can create a positive impact on the environment!
 - i. Remember the reusable bag from the first activity!
- d. Ask the children if they would like to color on the paper windmill blades.
- e. Then ask the kids to cut the windmill blades on the indicated lines, and to then fold on the dashed lines; refer to the windmill example if needed.
- f. Using the hole punch, make a hole in the bottom part of the cup so that the cup is standing on its opening.
- g. Using the round head fastener, poke a hole through the paper blade center and through the paper cup.
- h. Bend down the fastener on the inside of the cup, use tape if needed to secure it.
- i. Show children to blow air on the paper windmill blades and watch the windmill turn!
- j. **Sing** the clean up song and get everything cleaned up!!
 - i. Please wipe down any surfaces and make sure the mat is cleaned and rolled up and put in its usual place after the project is completed.
- k. Lastly, write the child's name on their windmill and bag and let them take it home!!

Project Takeaways:

1. Learn about environmentally friendly practices they can implement at home
2. Share acts of kindness and help build healthy relationships