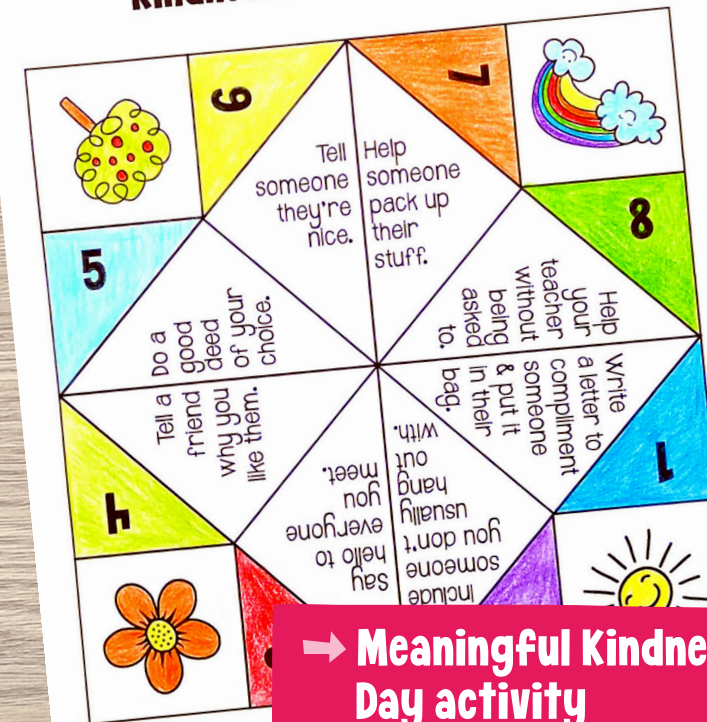


# Kindness Fortune Teller

You don't often hear students beg to do an activity again but this hands-on paper craft consistently leaves them wanting more!

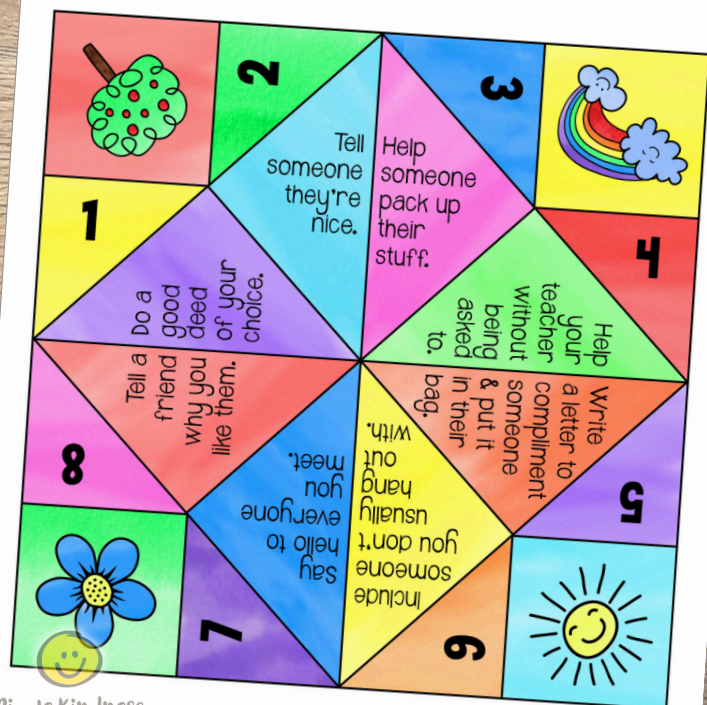
These fortune tellers can be a highly effective classroom management tool. They teach positive character traits, encourage friendships, and help build community.

## Kindness Fortune Teller 2

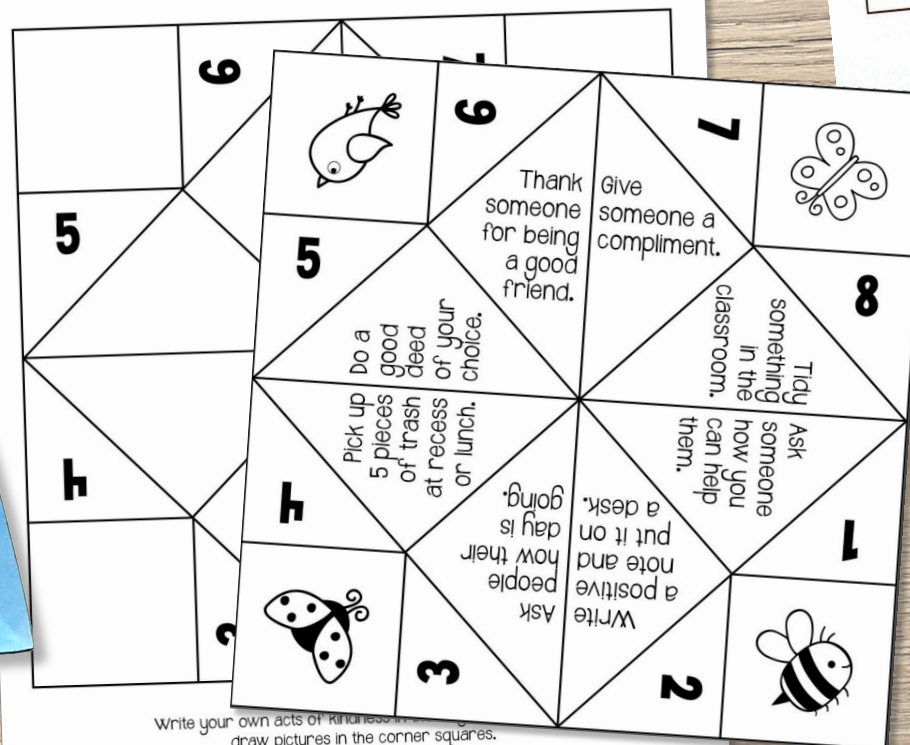


- ➔ **Meaningful Kindness Day activity**
- ➔ **Editable to add your own acts of kindness**

## Kindness Fortune Teller 2



## Kindness Fortune Teller





## Kindness Fortune Teller 2

## Paper Templates

There are two templates with kindness ideas ready to print, color, and cut OR use the partially or fully blank templates for students to get creative adding their own good deeds and pictures in the corners.

Fortune tellers develop fine motor and manipulation skills.



These were a great activity to use with the school's Kindness Club.  
Julianna H. - 3rd, 4th, 5th Grades

### KINDNESS IDEAS

Make a thank you card for someone.

Weed a garden bed.

Put positive post it notes in the bathroom.

Ask someone about something they're interested in.

Tidy the bookshelf.

Thank the office or support staff.

ASK IF YOU CAN HELP SOMEONE.

Ask an adult how their day is going.

Thank your teacher for doing a great job.

BE RESPECTFUL BY PAYING ATTENTION.

Smile

Cut and color.

Partially or totally blank templates.

→ Develop fine motor & manipulation skills  
→ Fun & engaging craft activity

Fold





## Customize

Want different acts of kindness on your fortune tellers? Just use the Google Slides™ file to replace them with your own ideas.

Students can just as easily use it if you want them to create their own personalized game.



I printed a bunch of these off for my 3rd grade students to use after they were finished eating lunch. They loved the fortune tellers and were able to get great reminders while having fun!

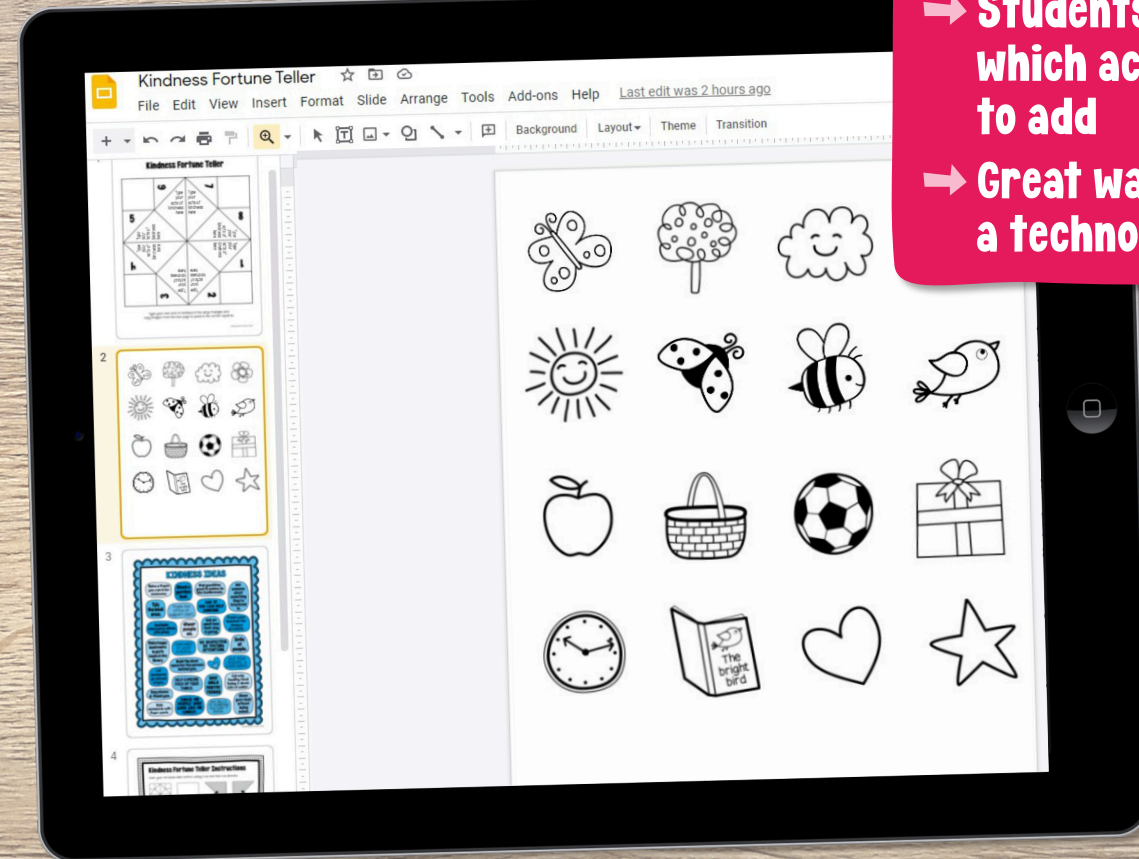
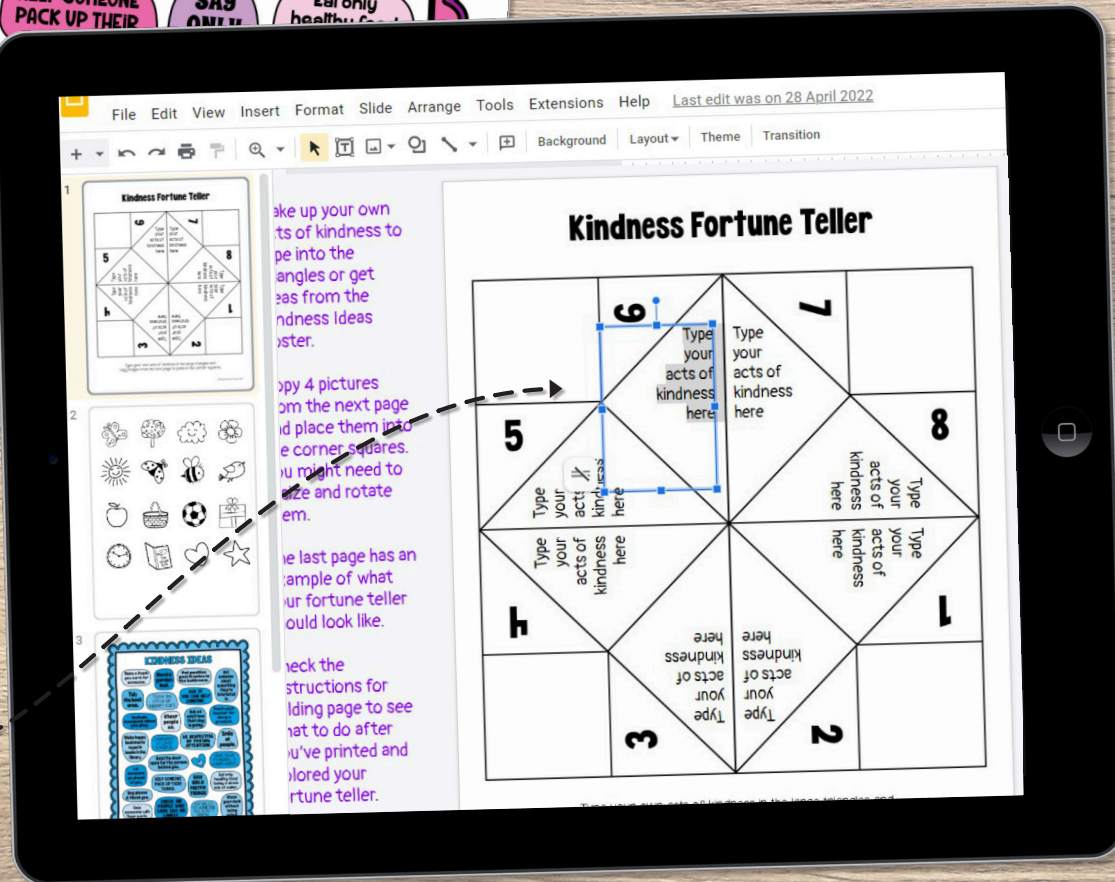
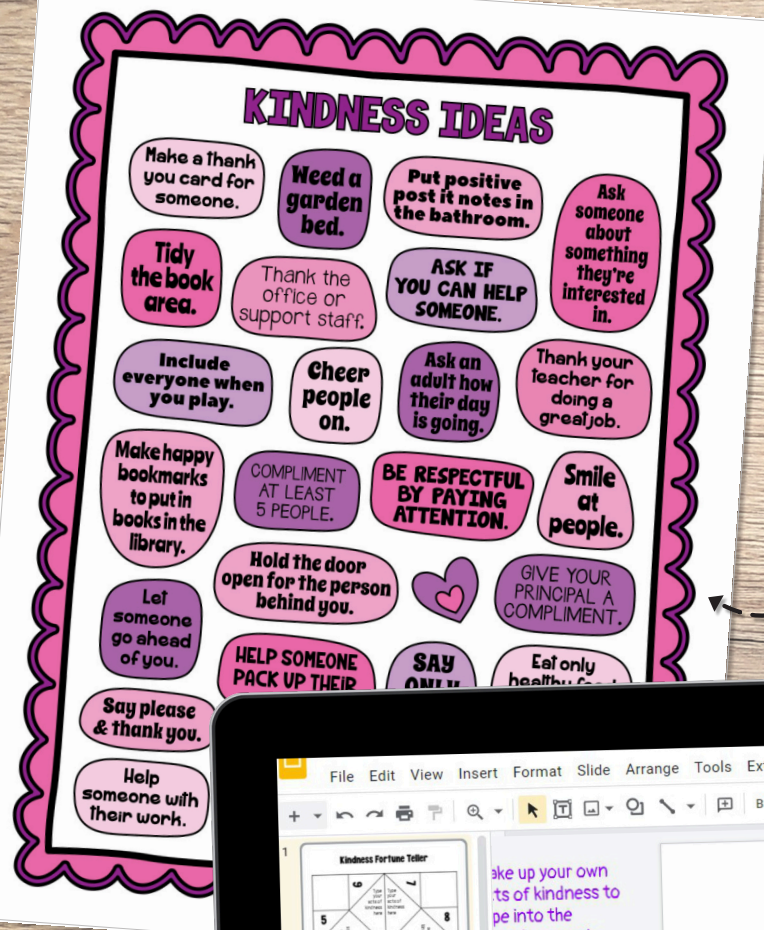
David W. - 3rd Grade

Choose acts of kindness from the poster or make up your own.

Just type over the placeholder text.

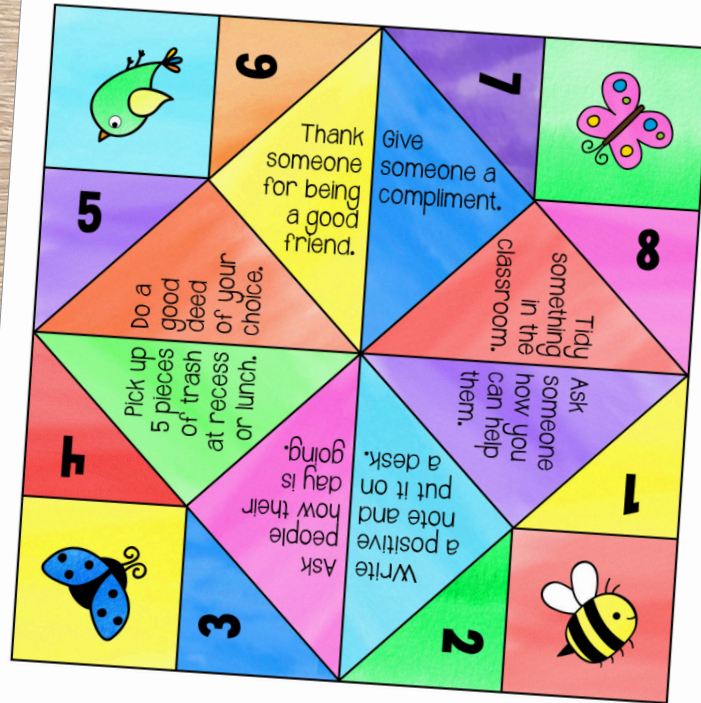
- Students can decide which acts of kindness to add
- Great way to include a technology lesson

Students can decide which images to add to the corners.





## Kindness Fortune Teller 1



## Ready to Use

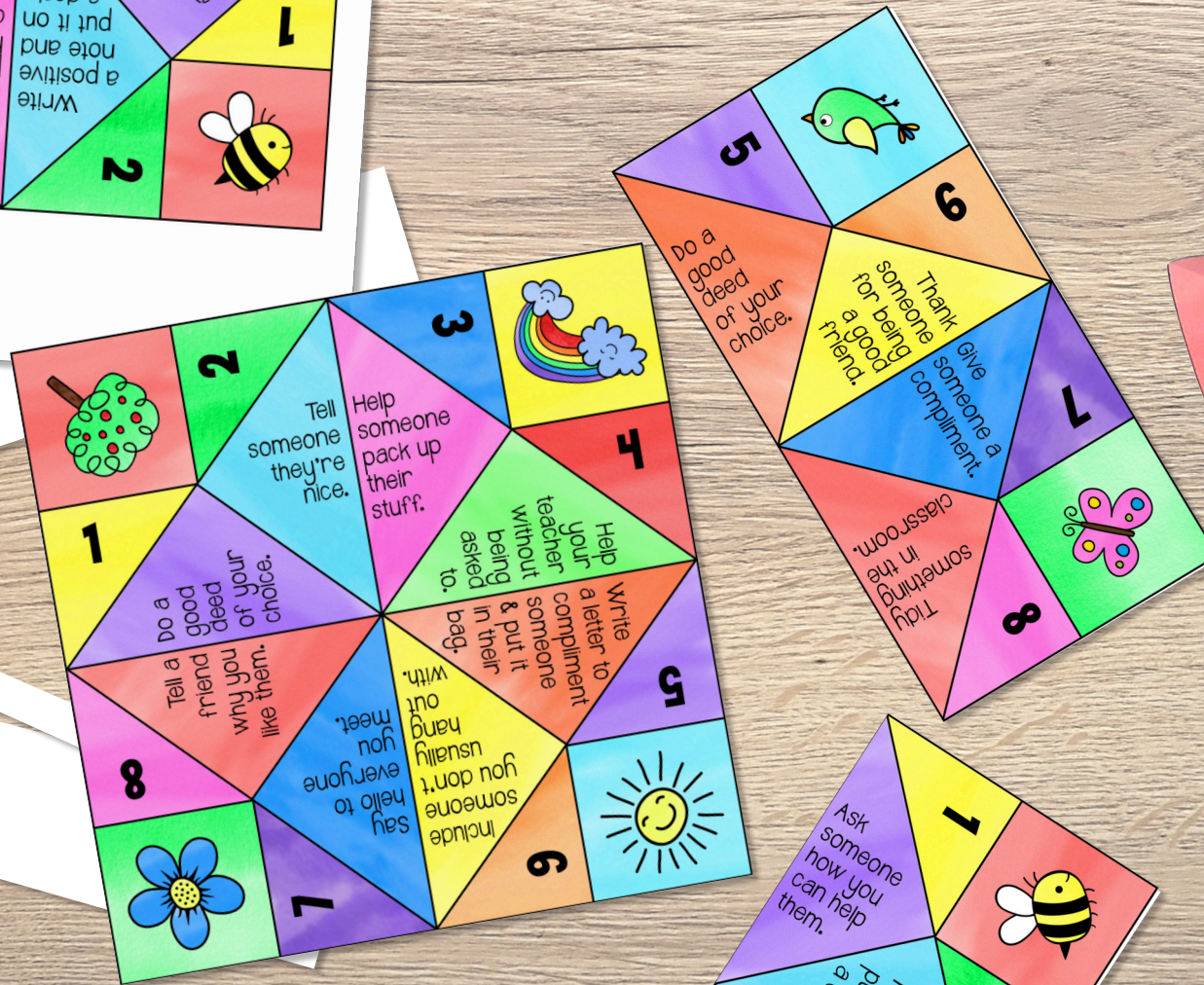
Among your printable options are two completed color fortune tellers to just print out for students to then cut and fold.

These are great if you want a quick kindness activity or you need something engaging for a sub teacher.

## Kindness Fortune Teller 2

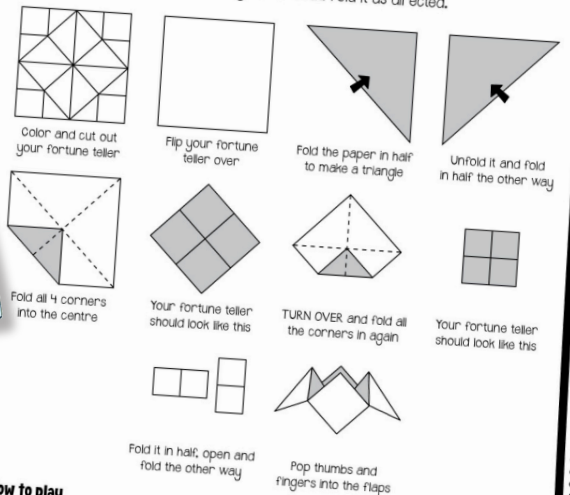


→ Perfect for your calm down corner  
→ Teach students to follow instructions



## Kindness Fortune Teller Instructions

Color your fortune teller before you cut it out. Fold it as directed.



### How to play

- You can play any time you want to participate in an act of kindness but you need to do at least one each day.
- Begin by choosing a picture on the outside.
- If you choose bird for example, you will open the first flap.





# Teacher Notes

Interesting facts about kindness to inform yourself and your students just how powerful this good old-fashioned value really is.

The benefits of using fortune tellers and how to use the resources in this packet.

## The power of kindness

Kindness is one of the most easily accessible and powerful tools we have to help create and maintain healthy and happy lives. It's a remarkably simple concept that injects optimism and empathy into our thoughts, feelings and actions. It helps us form positive connections with people and creates warm, relaxed and supportive environments. It helps boost self-esteem, as well as good physical, social, emotional and mental health, and produces addictive feel-good emotions for the giver, receiver and even onlooker. Please don't underestimate the power kindness has, as one good deed can ripple out to touch the lives of many.

## Why kindness should be taught in schools

Families, friends, and acquaintances form the fabric of our lives. But in order to create positive connections, we need to be kind to each other.

### 3. Greater self-esteem

Studies show that people experience a "helper's high" when they do a good deed. This rush of endorphins creates a lasting sense of pride, wellbeing, and an enriched sense of belonging. Even small acts of kindness are reported to heighten happiness, increase energy, and give a wonderful feeling of optimism and self-worth.

### 4. Increased peer acceptance

Research on pro-social behaviour among adolescents determined that being kind increases popularity and fostered meaningful connections with other people. Being well liked is an important factor in the happiness of children and it was demonstrated that greater peer acceptance was achieved through good deeds.

### 5. Greater sense of belonging

Everybody has a fundamental need to belong and feel connected to the people around them. Being kind creates warm feelings of connection and trust enabling children to cultivate positive relationships which helps them to feel safe. Moreover, it's not easy staying angry at someone.

### 6. Better concentration and improved results

Kindness increases serotonin, enhancing positivity about themselves. This important chemical affects health, and digestion. Children with a positive outlook are more likely to succeed in school.

### 9. Reduced bullying

Many traditional anti-bullying programs focus on the negative aspects of bullying for children. When asked, students felt they "were boring negatively worded" and that students would "zone out and not listen."

A more proactive approach where teachers integrate pro-social build emotional intelligence helps change thoughts and actions to foster behavior that's naturally rewarded with friendship. Promoting its opposite is key in reducing bullying and creating warm, inclusive social environments.

### 10. Enhanced teacher wellbeing

As highlighted above, the benefits of kindness to ensure optimum social connections are extensive. It's also proven that kindness and good feelings are contagious. It stands to reason that teachers with happy, helpful, kind and consistent students are going to enjoy a higher level of happiness, less stress and greater job satisfaction.

[CLICK HERE](#) to read the full article on our website.

## Kindness Fortune Teller

Fortune Tellers, Cootie Catchers or Chatterboxes as they are also known involves a form of origami paper folding. The game is a fun way for students to participate in acts of kindness but also has a lot of other benefits.

### Benefits

Though it may be seen as just a game, there is some skill required to construct and use a fortune teller:

- Students will need to concentrate to follow the instructions while folding their fortune teller and will use spatial and manipulation skills to ensure it works.
- They will use fine motor skills to color it and make the fortune teller move.
- They will practice writing if they are including their own acts of kindness and strengthen literacy skills when they open up a flap to read about the kind deed they're giving. Students will also work on spelling as they sound out the letters of each of the pictures while opening and closing the teller.

### How to use

Kindness Fortune Tellers are particularly good when participating in Random Acts of Kindness Day (February 17) or World Kindness Day (November 13) but can be used anytime you'd like to reinforce a culture of kindness and caring.

- Print out the ready-made fortune tellers or one of the blank versions if you'd like your students to write their own acts of kindness. There is also a digital version where students can type in their own good deeds. Access it [HERE](#) via Google Slides.
- Students can play any time they want to participate in an act of kindness or you can allocate a time to use them.
- Use the list of kindness ideas if you'd like students to create their own fortune teller or ask them to think of their own good deeds to include.
- You can have students work together in pairs for a week and take it in turns to use each of their fortune tellers. Make sure each person has different acts of kindness on theirs. Once a good deed is revealed, students can work together to complete it. To work together, one student will operate the fortune teller while the other chooses the image and number.
- Ask students to share what they did with the class or write about it on one of the sheets below.



My students loved these chatterboxes!  
They love chatterboxes - full-stop!  
These ones are special because they related to our learning on kindness, relationships and wellbeing in the New Year.

Lyn C. - 2nd Grade



It was the year of the cootie catcher in my class. They couldn't get enough of them. Could there be a better topic than kindness these days?

Corinne K. - 3rd Grade

## Our Acts of Kindness

Names: \_\_\_\_\_

## My Acts of Kindness

Name: \_\_\_\_\_

- Engaging classroom management tool
- Easy lesson for substitute teachers





## What's Included

- ➡ Educator guide and instructions
- ➡ Facts about kindness and why it should be taught at school
- ➡ 2 x ready-to-print color fortune tellers
- ➡ 2 x ready-to-print outlined fortune tellers for students to color
- ➡ 2 x templates for writing acts of kindness of choice
- ➡ 1 x blank template to totally customize
- ➡ Google Slides™ templates and clipart for students to personalize their own fortune teller online
- ➡ Bordered paper for creative writing activities
- ➡ Student instructions for folding and use

The perfect way to build positive character traits.



This was a HUGE hit, and it was great as a follow-through piece as well when they were using them with each other.

Emily C. - 2nd Grade (Students with disabilities)







## Benefits & How to Use

- ➔ Use information about kindness to discuss why it's so important to be kind in thoughts, words, and actions.
- ➔ Use as an ice-breaker at the start of the year or to help students connect with their classmates.
- ➔ Students can share or write about acts of kindness they have given or received.
- ➔ Display the kindness ideas poster and print the outlined copy for students to color in and keep.
- ➔ Students can personalize a fortune teller with kindness ideas you brainstorm as a class or from the poster.
- ➔ If you'd like to work online, assign the Google Slides™ template for students to type in their own good deeds.
- ➔ After adding ideas to a digital or printed template, students can color them in before they cut and fold.
- ➔ Students will need to follow instructions to fold their fortune teller. You might like to have them work together to help one another with this part.
- ➔ Use during Random Acts of Kindness Day or World Kindness Day. Friendship Day is another great time to teach about kindness and giving.

➔ **An easy way to build positive character traits!**

➔ **Your students will want to play over and over!**



My students love these fortune tellers and often requested them. Younger kiddos need some help with the folding and I pre cut them with a paper cutter to make it faster. So much fun!! Great way to generalize the counseling target of kindness.

Deborah W. - 1st, 2nd, 3rd, 4th Grades



## What Teachers Think



Thank you for creating this resource. I know this time was useful and very helpful to teachers who are looking for a quick resource with little to no prep. My class loves the fun theme and class involvement with these.

Amber L. - 1st Grade



This was a HUGE hit, and it was great as a follow-through piece as well when they were using them with each other.

Emily C. - 2nd Grade (Students with disabilities)



The boys and girls completely enjoyed this super cute activity, while practicing kindness skills. I look forward to using this resource during our club meetings for years to come.

Donna U. - 2nd Grade (Students with disabilities)



Love that this activity gives you the option to put in your own kind act or use the acts that are given. There is just something about these fortune tellers that all students love to create. Thank you!

Samantha R. - 3rd, 4th, 5th, 6th Grades

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