



# Loop



## ACTIVITY GUIDE

Week 1: *The Effects of Kindness*  
Love in Motion

### Write it and Wear It

This is a creative activity to help students remember to wear kindness.

### Activity Objective

Write a message that reminds you to share kindness all week long.

### You'll Need

- DIY Slap Bracelet – 1 per student
- Markers

## Instructions

### Activity:

#### 1. Explain:

- The verse today reminds us to be known for our kindness by wearing it. To help you remember that kindness tells others that they matter, we're designing our own reminders.
- Get creative. Think of a phrase, a word, or a specific design that will remind you to share kindness this week. You can write whatever you want on your slap bracelet.
- Wear your kindness this week—on your wrist and in your heart.

#### 2. Give students time to decorate their slap bracelets with markers.

#### 3. Encourage conversation while they work. Ask them questions about ways that they can be kind. What are ways they are already showing kindness? What are new ways they could show it?

#### 4. Think about all the environments where they will be throughout the week. What does kindness look like for them at school? At home? During their after-school activities? Encourage them to consider kindness inside and outside their usual routine.

#### 5. Discourage slap bracelet wars.

#### 6. Give some time at the end for students to show off their kindness slap bracelet designs to the room.

#### 7. Challenge students to wear kindness throughout the week.