



GET INVOLVED



15 MINUTES



PREPARATION
NEEDED

DOMINO KINDNESS



▶▶ GETTING INTO THE ACTIVITY

Kindness is contagious. Think about how one act of kindness can lead to a domino effect, making a positive impact on your community.

Domino Challenge: Individually or in small teams, challenge the group to create a domino run. Let them be creative with it and then go around the group watching them set off their dominos.

Domino Kindness: Ask how a domino run works? It's a chain reaction, where one domino has an impact on all dominos in front of it. How might this work in real life with kindness? After discussing, watch this kindness video - <https://youtu.be/nwAYpLVyeFU>. Talk about times the group have been kind to others or when others have been kind to them.

Pay it Forwards: The video shows examples of people paying kindness forwards. The man at the beginning started a chain of kindness, but by the end of the video that kindness had come back around to help him. In the meantime, lots of other people benefited from that chain reaction. Without realising it, he had a big impact on his local community.

As a group set a challenge to try and each do 2 or 3 random acts of kindness during the week to start a kindness chain. At your next meeting spend some time sharing how the group got on and what acts of kindness they performed.



WHAT YOU'LL NEED

- Dominoes (or Jenga blocks / books / DVD etc)



KEEPING EVERYONE SAFE

Please maintain social distancing where required. If using shared equipment, please ensure hands are washed before and after the activity.