

Kooth Activity Sheet



ENERGY LEVEL:
Grounding



NO. OF PEOPLE:
6+



ESTIMATED TIME:
15mins

Sharing kind words on a washing line

ACTIVITY OBJECTIVE:

To encourage kindness and build positive communication with others.

Note: This activity is quite versatile and can be adapted for writing positive affirmations, quotes, drawings, etc. It can be done on a large or small scale, indoors or outdoors.

INSTRUCTIONS:

1. Find a place to hang the washing line, where people's cards can be hung and easily read.
2. Hand out two blank cards to each person.
3. Ask participants to take one card and write down something they like about the person next to them. Ex: Jordan always says good morning to everyone when he walks in. Make sure each person has a compliment written about them.
4. Ask young people to hang their compliment cards on the washing line.
5. Have young people read the cards on the washing line and write a message of appreciation in response to the compliment written about them on the other blank card.
6. Have them hang their responses alongside the compliments.
7. Conclude with discussion questions: How did you feel after writing your compliment card? How did you feel after receiving a compliment? How do you think little acts of kindness can affect our mental health?

MATERIALS REQUIRED:

1. String or washing line
2. Pegs or paperclips
3. Small cards or post-its
4. Tape or blu-tack to secure the line



Get free, confidential mental health support at go.kooth.com/6w7x

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.