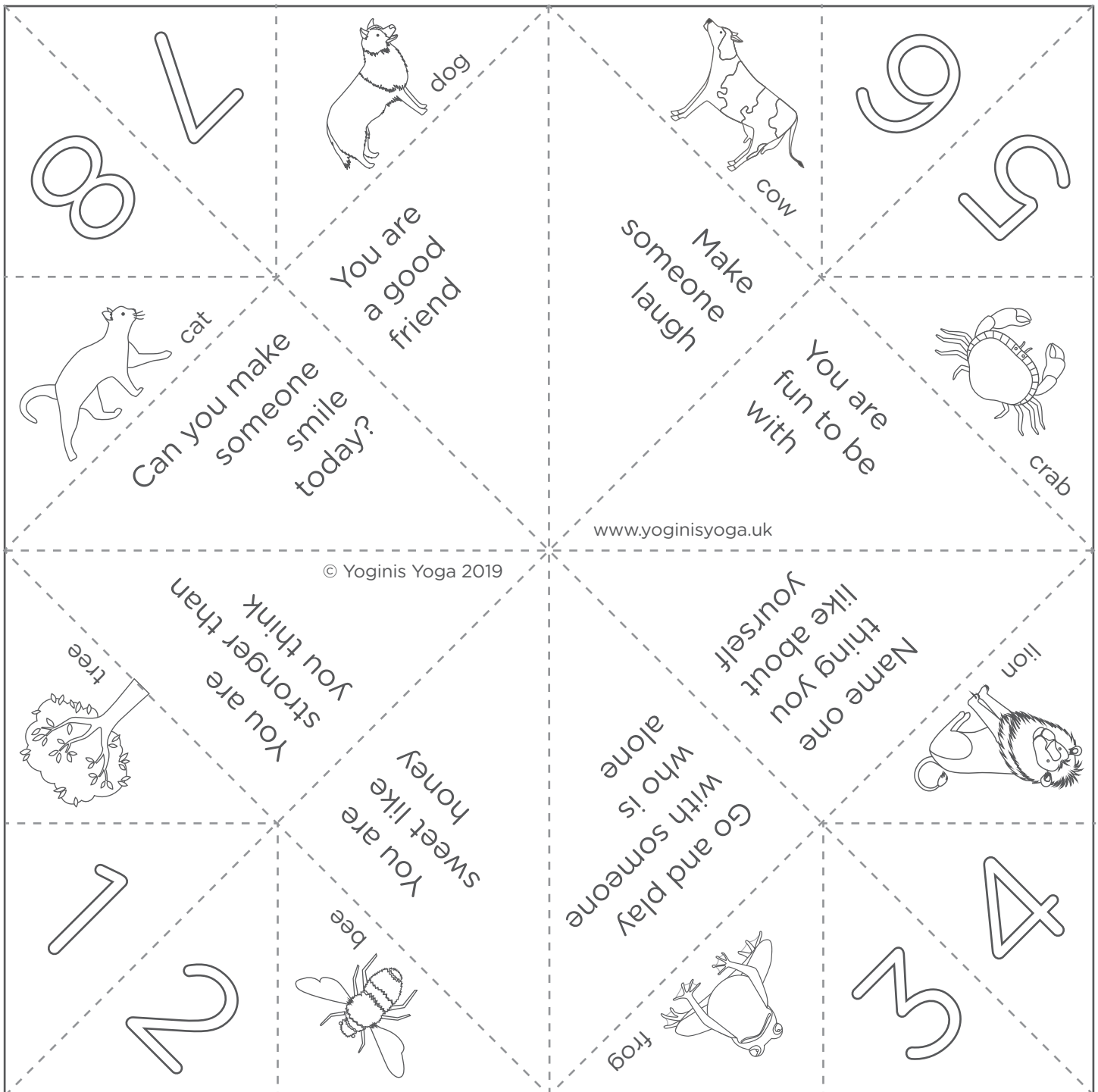


The Kindness Teller



Use the Kindness Teller as a way of thinking about how you can be kind to yourself and others.



How to make your Kindness Teller:

1. Cut out the Kindness Teller and turn it face down.
2. Fold each corner towards the centre so the numbers and animals are facing you.
3. Turn over again and fold each corner into the centre, so the animals are visible.
4. Fold in half, so the animals are touching and the numbers are on the outside.
5. Open and fold in half the other way.

6. Insert your thumb and first finger of each hand (in a pinching motion) under the number flaps.
7. Close the Kindness teller so only the numbers show.

TO USE

Pick a number and open and close the kindness teller that number of times. Then pick an animal and open that flap. Read what it says aloud.

