# Spray a Little Kindness

**MATERIALS**
- nontoxic perfume or air freshener

**BEHAVIORS**
- criticizing others, encouraging others

**OBJECTIVE**
The children will identify ways that they can create a positive environment in the room or group.

## Procedure
1. Label the container of pleasant-smelling spray "Kindness Spray."
2. Model an appropriate statement of kindness ["You tried your best"]. Spray a small quantity of "Kindness" into the air.
3. Ask children to take turns saying something kind as the teacher sprays "Kindness" into the air.
4. Ask:
   - How does the room smell now?
   - What happens when we spread kindness in our classroom?
   - How does it feel to have lots of kindness in our classroom?
   - Why is this important?

## Hints
- Depending on the strength of the spray and the size of your class, you may want to spray "Kindness" throughout the day instead of all at once.
- If you have children with breathing problems, you could use plain water in a spray bottle.
- Make a list of "acts of kindness" and display or share with parents.