

# Kindness Capes

This project is a fun way for your class to inspire young students to be kind to others even after school has ended. Note: You will need your principal's assistance if possible. If that cannot happen, the teacher can pose as Captain Kindness instead.

**Courage Sub-Concept(s)**

Kindness

**Project Timeframe**

25-30 minutes

**Required Materials**

- ☐ Large White T- shirts cut into capes (see instructions below)
- ☐ Yellow and Black permanent markers
- ☐ Large cape
- ☐ Basket or box

A fun video showing kindness capes:

<https://www.youtube.com/watch?v=9CiydNh1hBU>

The first graders will use white T-shirts to create kindness capes for the kindergarten class. They will then watch as Captain Kindness (the principal) delivers the capes.

Instructions to create the Kindness cape:

Create the capes using blank tee shirts. (see attached instructions).

Draw a smiley face on the back of the cape and write "Be Kind and Pass It On" below it.

Make sure you have enough capes for the entire class.

Fold up the capes and place them neatly in the basket or box

Have the principal dress up as Captain Kindness and deliver the capes while your class observes.

Encourage your new Kindness superheroes to use courage to spread kindness throughout the entire school and beyond!



DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

# NO-SEW KINDNESS SUPERHERO CAPES!



## STEP 1

Start with a plain white t-shirt. Adult medium size works well.



## STEP 4

Trim around the neck line leaving the loop and remove the front of the tee.



## STEP 2

Lay down flat and cut the sleeves off.

FOLD →



## STEP 5

Lift the neck line and fold in half lengthwise. Cut along side to form the shape of a cape.



## STEP 3

Cut down both sides lengthwise. Be careful not to cut the neck.



## STEP 6

Unfold and decorate the cape with a smiley face and the phrase "Be Kind and Pass It On"

