Wear Your Courage

In this project, students will create a colorful shirt for themselves using colors that represent the kindness they have done for others. When students wear it, they can be reminded that it takes courage to do these things, but they can do it!

Kindness Concept(s)
Courage, Kindness

Project Timeframe
25-30 minutes

Required Materials
❏ 100% Cotton T-shirt (anything containing 5% or more of polyester will not dye well)
❏ Several packs of fabric markers or multicolored sharpie markers

You may want to partner with the art teacher for this project as he/she may have the appropriate space and materials to help with the dying process.

In this project, students will create a colorful shirt for themselves using colors that represent all of the different ways they have been \kind to others.

To help reinforce the idea of kindness as colors, show the following video:
▶ Color Your World With Kindness
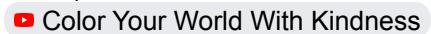
Questions:

- *Why did the apple turn red?*
  - Because the boy shared his food with his hungry friend.
- *Why did the money turn green?*
  - Because the girl returned it to the man that dropped it.
- *Why did the suitcase turn orange?*
  - The man helped the woman get her bag onto the plane.
- *Why did the baby turn many colors?*
  - The woman made him laugh.
- *Why did it take courage for the woman to help make the baby laugh?*
  - Everyone else was mad at the baby for being loud; she decided to stand up for the mother and help her make the baby happy. It is hard when your baby is crying and you can't help him or her calm down; the woman knew he had to stand up for the mom and help out.

Instructions

Each student will create a colorful shirt. However, they first need to identify at least 5 kind memories using the following colors- red, blue, yellow, green, purple.
- Using the sheet below, write out an example of a time when you were kind and connect to each color. Think back to the examples in the video. Other examples:
  - Red- snow cone I shared with my brother
  - blue- cold ice I put on my friend's scraped knee
  - yellow- playing outside with the new girl at school
  - green- watching my baby brother in the grass outside
  - purple- eating grapes with my grandma

Once they have completed the worksheet, have them design their shirt to reflect at least one memory. They can include as many of the memories as desired, but they must be able to explain them once they are done.

Each student should bring in a plain white T-shirt. These are often sold in box stores in packs of 2 or 3, so consider buying them for the class and dividing

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the cost per student or suggest to parents they buy shirts together. Or, if cost will be a hardship for your students, speak with an administrator about using school funds for this type of activity. (For example: on Amazon, you can get a 5-pack of white t-shirts from Fruit of the Loom for about $7.50; for a class of 25, this would work out to about $1.50 student. If you use Amazon Smile to make this purchase, a percentage of your purchase can be donated back to your school!).

Protect the tables as needed and have students wear art shirts to avoid staining their clothes with the markers. Set up stations with similar colored markers and have students go to the station that aligns with their color memory.

When you are finished, each student will have a colorful shirt to remind him or her about being kind to others! Students can also sign each others' shirts and write kind words or phrases to encourage each other!

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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/

RED reminds me of when I...

BLUE reminds me of when I...

YELLOW reminds me of when I...

GREEN reminds me of when I...

PURPLE reminds me of when I...