

Kindness Quilt



Westhill Endowment 'Holy Writ'

The idea of a **Kindness Quilt** is based on the ancient art of patchwork which dates back more than 5000 years to early age China and Egypt.

Small pieces of fabric are pieced together to make larger pieces to be used for clothes, wall decoration or furnishings such as quilts. Patchwork is sometimes called 'piecing'.

Patchwork remains a popular modern-day craft. To the left is *Holy Writ* -a community multi-faith project. The aim was to celebrate the common threads that bind Judaism, Christianity and Islam together. 10 words were illustrated in textile pieces including Peace, Wisdom, Charity, Truth and Compassion.

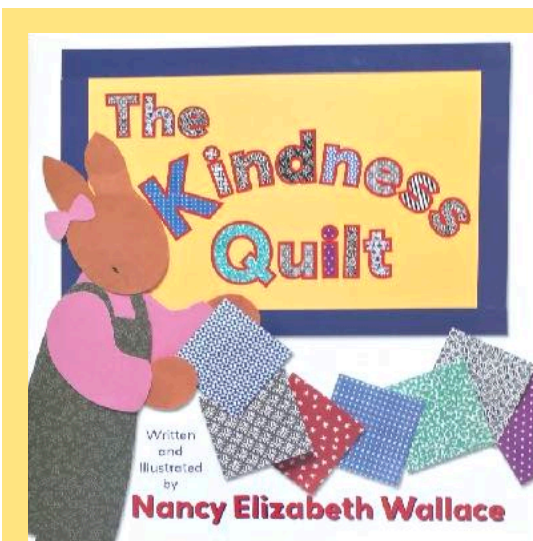
The Kindness Quilt activity pieces together children's illustrations of kindness with coloured and patterned borders, so that it resembles a 'kindness quilt'.

What is Kindness?

It is the quality of being friendly, generous and considerate.

Why is it important to encourage children to be kind?

When we practise kindness, it helps us to feel good. Kindness and empathy are important for our well-being. In this frantic age, it is acknowledged that an empathy revolution is needed in homes, schools and communities. Many children, who do not enjoy a positive home environment, are dependent on their school ethos to experience affection and to learn how to be kind and empathic.



This activity is promoted in 'The Kindness Quilt'. Written and illustrated by Nancy Elizabeth Wallace Two Lions Publication. 2006
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Although written for Early Years, it can be adapted for children of any age. It can be used for a small group, a class or for a whole school.

The outcome is a display about kindness for a classroom, a corridor or for the school hall.

KiNDness quilt activity

You will need:

- * Drawing paper - one sheet per child no larger than A4
- * Ruler and pencil
- * Coloured pens
- * A variety of patterned and coloured papers for borders
- * Glue

Preparation by teacher:

- * Agree on scale of project: class, year group, school.
- * Decide where the Kindness Quilt will be displayed.
- * Measure space available.
- * Assemble materials.
- * Prepare 14 cm square drawing area on each piece of paper, if children cannot do this for themselves. This size is compatible with coloured/patterned A4 sheets which might be used for frames.



Activity:

1. Explore the meaning of kindness with children - emphasising doing something to help others without being asked or expecting any reward.
2. Invite children to illustrate an act of kindness they have performed .
3. The children then write a sentence about it at the bottom of the sheet outside the square so that it can be checked before being written within the square.
4. When the illustration and text are complete within the square, trim the square leaving a border outside of drawing for gluing the frame.
5. Make 4cm frames for the illustrations, using a variety of coloured and patterned papers. Strips of patterned papers may be used.
6. Join these together like patchwork to make a Kindness Quilt.
7. Display on allocated space and share.

Step 4



Step 5



Step 6



Step 7



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