



Activity: Drops of goodness fill the pot

Read the following quote before doing the activity:

*Do not disregard small positive acts,
Thinking they are without benefit,
Because even tiny drops of water,
Will eventually fill a large container.*

-Buddha Shakyamuni, Sutra of the Wise and Foolish



Activity: Drops of goodness fill a pot

Organise a jar with clear water in it.

Children reflect on the positive acts they did the previous day and add this number of drops to the pot (use coloured water)

Alternative: Children can count negative and positive actions using clear and opaque marbles.