

Cotton and Sandpaper Words

- Teachers Instructions

1. Prior to the lesson, cover one shoebox with cotton wool and one with sheets of sandpaper
2. In the class explain how cotton wool is nice and soft but sandpaper feels bad and rough
3. This is like kind acts and unkind acts. Kind acts feel lovely and soft like cotton wool but unkind acts makes us feel upset and are hard like sandpaper
4. For each kind act that someone in the class completes or sees someone else do, they can fill out a bit of paper and place it in the cotton wool box e.g. 'I saw M help B when she fell over'
5. For each unkind act they see or do they fill out a bit of paper and place it in the sandpaper box e.g. 'I didn't want to play with F so we told him to go away'
6. Hopefully at the end of the week the cotton wool box should be full and the sandpaper box empty
7. The class should become more conscious of how they treat other people
8. If there is paper in the sandpaper box you can discuss how the children could have acted differently e.g. 'I should have told F we would play with him for a little bit if he wanted to' and although we shouldn't be unkind sometimes it is okay to make mistakes as long as we apologise and make up for this another time
9. Optional extra - if they fill the cotton wool box let them have a treat each at the end of the week for being so kind

