



Create a Buddy Bench



Find a bench in your playground, park or community that can be painted and decorated. If you are not permitted to paint, you can place kindness rocks and flowers next to it. In order to promote both kindness and respect, it would be fun to name the bench "Our Kindness Bench" or "Our Buddy Bench". The bench can become a symbol of friendship to all who visit it. If a bench is unavailable, you can designate a seating area, a table or other area in any common space to become your symbol of mutual understanding and respect.