

## ***Good Thoughts, Good Words, Good Deeds***

We live in a time of much conflict and negativity surrounding us. Sometimes it is a random act of kindness that can change the way one looks at life. It can be a good thought, a good word or a good deed.

Growing up in India as children, we would make knots in our handkerchiefs or clothing to remind us of something important, and when it was done we would undo the knot. This idea of holding a thought in a knot was the basis for this project. Also, since childhood I have had this habit of writing down words that inspire me in old diaries. They could be words from a book or a doodle, or some idea I would come up with that was totally wild and exciting. There was no order and no limit to what I wrote. On days when I wasn't feeling too well or surrounded by too much negative energy, I would go through these books. Reading the jottings that had once made me happy would renew my spirit and thoughts and help me bounce back to my original self. It is this experience of creating a personal journal of meaningful thoughts that I would like to share with others.

**Project:** Write down or draw a good thought, a good word or a good deed on a small piece of paper. These can include quotations by famous people and the not so famous, news articles that are thought provoking, or something you have experienced that was positive. String it with a knot and place it in a brown bag.

**Materials:** Brown bag, small strips of paper (white/colored), pencils, pens, colored pencils, ribbon/chord

**Setting:** Table and chairs

**Age Group:** 3 and up (including adults)