

BIG IDEA



How do we change the world? One act of kindness at a time. The key to life is found in relationship. Good relationships are begun and maintained through the kindness we show one another. Our children need to learn kindness and be shown kindness. Spend time this month as a family talking about kindness and how you can show kindness at home, at school, and in your community.

ACT IT OUT

At Home: Kindness to your family can seem simple, but sometimes it's the hardest and can often be forgotten. Be a family that is kind to one another by using the motto "Be a Help and Give a Hug". Talk with your children about kindness and how showing kindness to your family can be as simple as offering to help and/or giving a hug. Ask them to look for opportunities to be a help to your parents and/or other siblings. Also, let them know to be on the lookout for times when a hug will brighten someone's day.

At School: Our schools are often the perfect training ground for teaching our children about kindness. There are so many opportunities for them to be kind and hopefully, be shown kindness. Sit down with your children and talk about the people they encounter throughout the school day. Ask if these people are kind or unkind and how they deal with those who are unkind. Work together on ways to show kindness to those who aren't kind. Consider formulating a kindness checklist to help work through those situations.

In Community: Our community is a great place to show kindness and is often the place where it is needed most. Take your family on a Random Acts of Kindness Rampage. You and your children can work together to plan a day where you will perform acts of kindness together. While you are devising your plan, talk about why it's important. Then afterward, talk about what you did and how it has made you feel. Consider making it a family tradition.

TALK ABOUT IT



Week 1: How do you feel when someone is kind to you?
How do you feel when someone is unkind to you?

Week 2: What are some ways you can be kind? What are some ways our family can show kindness?

Week 3: Name some situations where we should be kind. Why would we choose kindness?

Week 4: How did we as a family show kindness this month?

CALENDAR YOUR KIDS



On your child's birthdate day, schedule a specific time to spend with your child. *Example: Your child's birthday is 10/15. You would plan time for that child on the 15th of each month.*

Beginner Idea: Spend time with your child sharing a conversation with them. Tell them why you are proud of them. Ask them questions about what's going on at school or during activities. Be sure to end your time with a hug.

Advanced Idea: Take your child on a surprise ride. Tell them to get ready and get in the car, but don't tell them where you are going. It could be to a park, zoo, museum or sporting event. While you are out, be intentional of showing kindness to others.