



## Kindness

**KINDNESS** means to be gentle and generous toward others.

### Activity 1

Talk to your child about the meaning of **KINDNESS**. Explain that kindness means to be gentle and generous toward others. Emphasize that a kind person is understanding and tries to bring happiness to others. Discuss how one way a person can show kindness is by using nice words. Explain that words have great power to build up or tear down. Consider having a “Kind Conversation” with your family, taking turns sharing sincere compliments about each other.

### Activity 2

Discuss with your child how words and actions first begin with thoughts. Emphasize that kindness begins with kind thoughts. Ask your child to identify a classmate who may be difficult to show kindness toward. An example could be someone who is rude or makes fun of others. Help your child to think of at least one positive thing about that individual. An example could be something as simple as, he ties his shoes well, or she writes neatly. Encourage your child to show kindness to challenging classmates by expressing a kind word or acknowledging a positive action.

### Activity 3

Set your home up as a “Kindness Zone” where all who enter are expected to be thoughtful and loving to others in their thoughts, words and actions. You could prepare a banner with: *“You are now entering the Kindness Zone. All mean teasing, cruel nicknames, gossip, and rudeness must be discarded before entering.”* Then list specific thoughts, words or deeds that could reinforce ways to be kind. Keep the list visible to remind family members to stay in the ZONE all day – every day.

### Activity 4

Read and discuss with your child the following quote: *“It’s hard to get rid of kindness because people keep giving it right back.”* Have your child copy the quote on a cutout paper heart. Help your child start a “Traveling Good Deed” activity by secretly doing something kind for a family member. (Example: make someone’s bed) Place the heart at the site of the “Good Deed.” Next, the person whose bed was made is to secretly do another kind deed. See how fast the heart (and kindness) is returned to the child who began the activity.

### Activity 5

Sincerely praise your child for the kind things you have seen him or her do today. Ask your child to describe how it feels when kindness is experienced, both on the receiving and the giving end. Share an experience you have had where someone’s kindness to you made a difference in your life. Challenge each family member to work on saying only kind things all day long.