

# taking it home: kindness

One of our greatest hopes is that our kids will be kind to others. But let's face it. *It's not always easy.* The good news is that kindness is a behavior that can be learned. Most children learn new behaviors by copying those around them; we have a powerful opportunity and responsibility to teach kindness by example. This month, model kindness and empower your children to show compassion to those around them.



## 1. ENGAGE

**Self-Love Letters.** Carve out ten minutes and challenge your family to write themselves a love letter. Follow these simple steps:

1. Kick it off with "Dear Me," and don't stop writing until the timer goes off.
2. Tell yourself how amazing you are and list some of your positive qualities.
3. Share your letters when you finish.



## 3. EXCEL

**Secret Agents.** As a family, make a list of 25 random acts of kindness you can accomplish this month. Become Kindness Secret Agents and complete as many of these acts of kindness as you can before the end of February. Each night share as a family which ones you accomplished that day and the reactions you received from others.



## 2. EMPOWER

**Affirmation Boxes.** Have each family member make and decorate their own affirmation box or bag to display in a central location in your home this month. Every day, write each member of the family an affirmation and place it in their affirmation box. On the last day of the month, have everyone open their box or bag, read their affirmations, and feel the love!

### CONVERSATION STARTERS

- Describe a time when someone was kind to you. How did it make you feel?
- What is something kind you have done for someone else? How did it make you feel?
- When is it most difficult for you to be kind? What can you do in those situations?

