

# Kindness (Grades K-2)

## For PurposeFull Families



### EXPLANATION:

This month we're talking about the beautiful character trait of Kindness. The dictionary defines it as: "the quality of being friendly, generous, and considerate." But it is so much more than that! The definition we are using in class is:

**Kindness: the choice to act with words, gifts, or actions to bring appreciation, positivity, and encouragement to others and yourself.**

The key part of this definition? Kindness is a choice that we get to make every day to bring good things into our lives and the world. Those good things can look like more than just some kind words; Kindness is given through our actions and our encouragement and our attitude and our gifts. We will spend time thinking about how to be kind to ourselves, to our environment, to animals, and to one another. We will get to experience meaningful words through compliments and feel the joy that comes from showing appreciation to others. We will think about how people like Jackie Chan and Booker T. Washington and Maya Angelou teach us Kindness. It will be a powerful and positive time!

### CONVERSATION STARTERS:

- Acknowledge your child for a time they showed Kindness to you. Be specific about what they did and how it made you feel.
- Who in our neighborhood or community might need our Kindness? How will we be able to tell?
- Talk about a time when someone was unkind to you. What do you wish the person would have done differently?

### QUESTIONS YOU COULD ASK:

- What does Kindness look like in our home? What does it look like in our neighborhood? What does Kindness look like in our extended family, our faith or spiritual practices, our community centers, our sports teams, etc.?
- Why is it important to show Kindness to people who aren't kind to you?
- What acts of Kindness have others shown you lately and how did you respond? How did it make you feel? How does random acts of Kindness help you grow?

### APPLICATION:

#### Books:

- [\*What Does It Mean to Be Kind?\*](#) by Rana DiOrio
- [\*Ready, Freddy! Kindness Counts!\*](#) by Abby Klein
- [\*I Walk with Vanessa: A Story About a Simple Act of Kindness\*](#) by Kerascoet
- [\*Be Kind\*](#) by Pat Zietlow Miller
- [\*The Invisible Boy\*](#) by Trudy Ludwig
- [\*Kindness Is Cooler, Mrs. Ruler\*](#) by Marjorie Cuyler
- [\*Because Amelia Smiled\*](#) by David Ezra Stein
- [\*Try a Little Kindness\*](#) by Henry Cole

### FOR YOUR READING:

- [\*Are you raising nice kids?\*](#) by Amy Joyce
- [\*Six ways to teach kindness\*](#) by Natasha Daniels

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### ACTIVITY:

Work as a family to assemble a few Kindness Kits to keep in your car to give out when you see a person struggling with homelessness. Let your children help decide what you'll put in them. Some suggestions include a bottle of water, a pair of socks, a pack of gum or some mints, lip balm, a toothbrush, toothpaste, shampoo, soap, and/or deodorant.

### PURPOSEFULL PURSUITS:

#### Need Some Help?

Over dinner tonight, brainstorm ways that you can show Kindness to your neighbors. Maybe you've noticed that your neighbor hasn't walked his dog in a while. Perhaps there are some leaves that need to be raked or flower gardens that need to be weeded. Are there trash cans that could be brought in off of the curb? Or might there be a car that you'd be willing to wash? Discuss which service you might want to offer, then knock on a door and ask, "Need some help?"

Toughness: 2

Time: 2

Type: Group

#### Cooking Up Kindness

Dust off your favorite recipe, grab your budding chefs, and get cooking. In this challenge, you'll make something to share with a neighbor, colleague, or friend. Nothing says, "*YOU are loved*" quite as tastily as some homemade Kindness from your kitchen.

Work with your child to write a note and/or write out the recipe so you can spread the love a little further and perhaps inspire your recipient to pass it on!

Toughness: 3

Time: 3

Type: Group

#### Kindness Bingo

Have each member of the family fill out a bingo board with different ways you like others to show Kindness to you. Place each bingo board somewhere accessible for the whole family such as the refrigerator. Then, when someone commits an act on your board, color it in! Be sure to celebrate when the family has collaborated to get bingo! Some ideas may include:

- Help with a household chore
- Spend quality time together with no distractions (tv, phone, etc.)
- Play a game together
- Give a hug
- Write a card or letter saying what you love about someone

Toughness: 2

Time: 3

Type: Group

#### A Kind Face

Ask your child about a friend or family member that they feel like they haven't talked to in a while. Brainstorm 2-3 kind things that they feel about that person and then call them up and let them know! Better yet, video call them if you have access so they can see your smiling faces while you share.

Challenge yourself to reach out to one adult in your life and do the same. Call your cousin or your aunt or your friend that you haven't reached out to in awhile and give them the kind gift of time.

Toughness: 1

Time: 2

Type: Individual