

Kindness FEBRUARY 2024



SAY IT:

See how many times you can say the definition in one minute.

Kindness: Showing others they are valuable by how you treat them

KNOW IT:

ASK A GROWN-UP:

- Who was the last person that went out of their way to show you kindness? How did that make you feel?

ASK A KID:

- What are three ways you can show kindness today? Think of some kind things you don't usually do and add those to your list today.

SEE IT:

You may have heard the popular phrase, "Pay It Forward." This simply means that when someone does something for you, instead of paying that person back directly, you pass it on to another person. There are many examples of this principle. The most popular are the stories I've heard of people in the drive-thru line who pay for the person behind them. Sometimes, this starts a "Pay It Forward" chain reaction of kindness where hundreds of customers will pay for the person behind them. The first person showed kindness, then others were motivated to continue to show kindness. Take a few minutes to watch this video and discuss how the "Kindness Boomerang" could help make our world a better place.

<https://youtu.be/nwAYpLVyeFU>

BE IT:

Make a list of ten things your family can do this week to show kindness to the people you come in contact with. Think of other family members, neighbors, classmates, coworkers, etc. Create some random acts of kindness that would be small blessings to the people you come in contact with. They could be small gifts, acts of service, cards of encouragement, or just spending some quality time with someone. When you show kindness, others might pay it forward and it may even boomerang back to you. You will definitely make a positive impact on someone's life, and you may just find that it feels great to show others how valuable they are.

PHASE

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We all want to know that we matter, that we are important.

One way that we can discover how we are important to others is **through work**. Maybe your child isn't ready to put in an 8-hour day at the office (who is!?), but he or she can still do significant work that will help your family and others. From taking out the trash, to doing dishes, folding laundry, or lending a hand to the neighbor, there are age-appropriate tasks that all kids can do.

Doing this work will make them feel important, needed, and connected to others.

So don't miss it. This month, look for work that develops independent habits in your child.