

Kindness FEBRUARY 2024



SAY IT:

I care for others.

KNOW IT:

FAMILY DISCUSSION TIME:

- What does kindness look like to you? How does it make you feel?
- Who is someone who has shown you kindness recently?
- What is one thing you can do today to show kindness?

SEE IT:

It's time for a family dance party! Watch and sing along to "[Kindness is a Muscle](#)". After watching, talk about ways you can flex your kindness muscles as a family. Maybe you need to work on speaking kind words to each other or helping each other. Kindness starts at home and is something you have to practice daily, just like exercise. Encourage each other to flex those kindness muscles!

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. You will definitely make a positive impact on someone's life, and you may just find that it feels great to show others that you care.

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.