

Talking Kindness with your Kids

Define "Kindness" for a child: "What does the word kindness mean?"

KINDNESS is like giving someone a big, warm hug with your words and actions, and spreading joy and love all around!

Ask "What are simple acts of kindness that we see or do every day at home or school? What can kindness look like?"

Some examples may be: Helping to clean up crumbs after meals. Folding and putting clean laundry away. Saying "thank you" to a teacher or parent. Telling a sibling or friend something you love about them. Hugging a parent or caregiver.

Kindness iSpy Key How many of each can you find?



Eddy: _____



Tree: _____



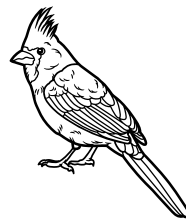
Kit: _____



Hearts: _____



"Be Kind" words: _____



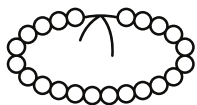
Cardinal: _____



Kindness seed: _____



Polka dots: _____



Pearls of Wisdom: _____



★ Bonus: Can you spot acts of kindness?

More on Teaching Kindness

CORE LESSON FOR KIDS

KINDNESS is like giving someone a big, warm hug with your words and actions, and spreading joy and love all around!

Kindness is more than just being nice. True kindness comes from your heart. It's about showing genuine care in the things you say and do. Please choose to do good things because it's the right thing to do, not because you want to get something in return. When we ALL act with kindness, we make the world a better and happier place!

GROWNUP'S CORNER

Talk to your kids about all that kindness encompasses.

Kindness is being respectful, considerate, generous, and empathetic of others and their feelings - Animals and Mother Earth too! Kindness is using your time, energy, resources, and abilities to make a positive impact in the lives of others. It's not just for outward display. Kindness is rooted in genuine care and goodwill.

Don't forget to be kind to yourself too! We need to treat ourselves with the same compassion and understanding that we show others. Being kind to ourselves means taking care of our physical and emotional well-being, forgiving our mistakes, and speaking to ourselves with kind and positive words. "Children will listen," so choose your words and actions carefully. When you treat yourself with kindness, you model good behavior. We know it's not easy! It requires daily practice. However, practicing kindness towards ourselves not only improves our own lives, it also allows us to be more effective in spreading kindness to those around us.

More Words to Use in Discussion:

- Goodwill
- Humane
- Warmhearted
- Friendly
- Empathy
- Helpful