

KINDNESS



teaching kids to have compassion

WHAT IS IT?

“Kindness is the language which the deaf can hear and the blind can see.”

- Mark Twain

WHY IS IT IMPORTANT?

Kindness is an important character trait to instill at a young age. To be kind is to genuinely care for the well-being and feelings of others without expecting anything in return. Kindness has a chain reaction; when people experience kindness from others, they are more likely to spread kindness themselves. The younger individuals are to experience the power and positivity of kindness, the sooner the ripple effect will begin. Kindness makes the world a better place!

SYNONYMS FOR KINDNESS:

- GENEROSITY
- CONSIDERATION
- FORGIVENESS
- HELPFULNESS
- COURTESY
- THOUGHTFULNESS

- CHARITY
- RESPECT
- COMPASSION
- EMPATHY
- SYMPATHY
- HOSPITALITY

how you can help your child



1 EXPRESS GRATITUDE

It may seem simple, but saying “thank you” has a lasting effect on others. Have your child send thank you notes for gifts he/she receives. Make sure to practice what you preach, too! Remember that children learn through example. Taking the time out of your day to handwrite a note is an easy and personal way to spread kindness. In addition, try to find at least one reason to thank your child each day. Recognizing the little things he/she does will let him/her know how much you appreciate him/her. By doing so, your child will be more likely to express gratitude to others.

GET INVOLVED 2

Get involved in the community! Participate in local food, clothing, animal, or toy drives either by volunteering your time, donating items, or both! In addition, you can visit nursing homes, animal shelters, schools, and other organizations in the area. While the time and goods you give to others will be a powerful example of kindness to your child, encourage him/her to be actively involved as well! Give your child an opportunity to spread kindness and see its effects firsthand.

3 REDUCE, REUSE, & RECYCLE

Yes, the environment needs kindness, too! Encourage your family members to reduce, reuse, and recycle as much as possible. Keep recycling bins in your home or garage. Make sure to have a conversation about ways to reduce waste and how these reductions can help the environment. When children are more informed, they are more aware of their actions.

KEEP A “KINDNESS CALENDAR” 4

Encourage your child to exhibit kindness daily by keeping a “Kindness Calendar.” Either have a blank calendar for your child to record one random act of kindness he/she does each day, or post a specific daily kindness challenge for him/her to complete each day. Be sure to have a conversation about each act of kindness. Reflecting on the acts of kindness can give them even more meaning and purpose. For more fun, make this a family activity—the more the merrier!

BOOKS THAT PROMOTE KINDNESS:

PICTURE BOOKS:

- Each Kindness by Jacqueline Woodson
- Enemy Pie by Derek Munson
- The Giving Tree by Shel Silverstein
- Have You Filled a Bucket Today? by Carol McCloud
- Spaghetti in a Hot Dog Bun by Maria Dismondy
- The Juice Box Bully by Bob Sorson and Maria Dismondy

CHAPTER BOOKS:

- Wonder by R.J. Palacio
- Pay it Forward by Catherine Ryan Hyde
- Stargirl by Jerry Spinelli
- Rules by Cynthia Lord
- Fish in a Tree by Lynda Mullaly Hunt
- Out of My Mind by Sharon M. Draper

