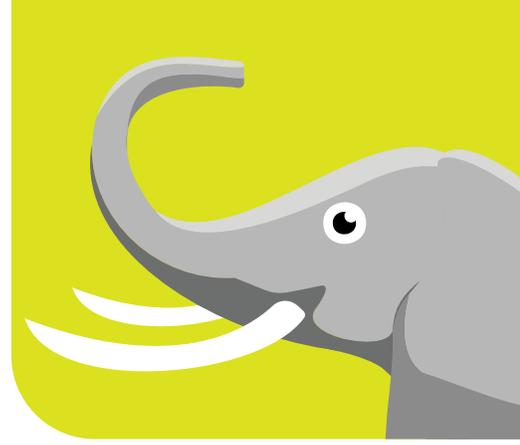


Kindness FEBRUARY 2021



SAY IT:

Kindness means showing others they are valuable by how you treat them.

KNOW IT:

ASK A KID:

- Think of a time someone was really kind to you. How did that make you feel?
- What did the person do to show you they thought you were valuable?
- Think of some folks that you think are valuable. What are some ways to show them kindness?

ASK A GROWN UP:

- What kinds of things make you feel valued? Who shows you kindness?
- Who do you value? How have you shown kindness to them lately?

SEE IT:

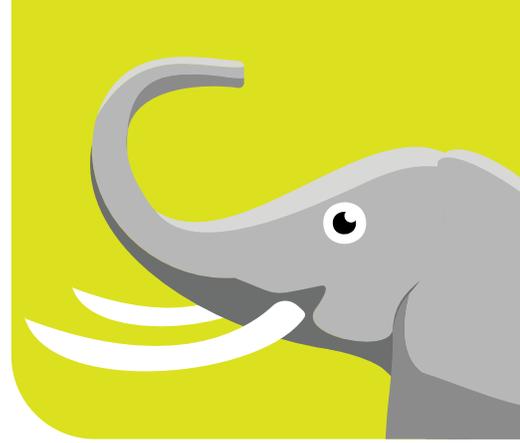
Each year, a non-profit organization called the Random Acts of Kindness Foundation sponsors Random Acts of Kindness day. This year it is scheduled for February 17. The focus of this day is to spread generosity and kindness to others anonymously. Keep your eyes and ears open throughout this month for random acts of kindness.

BE IT:

During the month of February, create a list of kindness ideas and as a family execute at least 3 of them together. Examples include: paying for the car behind you in the drive thru of a fast food restaurant, leaving change on the vending machine when purchasing a snack so the next person can have some money, pick up trash in your neighborhood, take encouragement cards to the senior center, volunteer at the animal shelter, etc. The next challenge is for each member of the family to complete at least one act of kindness on their own for a family member or a friend.

PHASE

Kindness
FEBRUARY 2021



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.