



Suggestions on how to cultivate your children's kind behaviors.

- Tell All About It!
 - Speak out loud how a kind act made you feel.
 - Tell how you recognized kindness was needed.
 - Share about any struggles you had to be kind.
 - Children watch, listen, and follow the examples of their loved ones. If you want to teach your children kindness, be kind and tell them all about it!
- Notice Kindness
 - Be intentional for a week to point out every way you see your child being kind.
 - Tell them, "Thank you," and affirm them their kindness is noticed and appreciated.
- Invite Conversation
 - Ask, "Is there anyone you are having a hard time showing kindness to?" "Is there anyone you are struggling to include?"
 - Share someone you struggle to be kind to in your life or struggle to include.
 - Problem solve together how you might give kindness/inclusion another try with that person.
- Read Books
- Watch Videos
- 30 Day Kindness Challenge
- Be kind with another family!
 - We don't have to be kind alone. Ask another family to "Love Your Neighbor" alongside your family.
 - Check in with one another and talk about your experiences.