

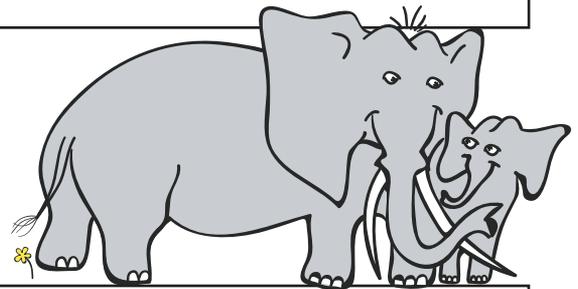
Kindness

Did you know?

- Kindness isn't taught, it is learned. In order to be kind, kids have to experience it at home.
- Kids are naturally self-centered, which means that they aren't always able to put themselves in someone else's shoes.
- Teaching good manners, such as being respectful to others, greeting people properly, and speaking to people in a nice way, is an important part of raising a kind child.
- Being kind to your children is crucial. Disciplining with love and supporting them when they are down is the best you can do.

KINDNESS is...

Kindness is when you treat people gently and respectfully, and you try to never hurt anyone's feelings. You treat others just as you would like to be treated. You do things for others without expecting anything in return. You take time to listen to your friends and family. You are ready to lend a helping hand. No matter how large or how small, one should be gentle and kind. The kinder you are the stronger you are.



Parents can help children develop kindness by...

- Teaching them to see the abundance all around them and to think of people to share it with.
- Teaching them to respect the earth too. Encourage them to recycle and maybe give the exchange money to charity.
- Performing small acts of kindness and making your children a part of them. You can take care of your sick neighbor's garden or help an old person carry their supermarket bags.
- Encouraging them to think about other people's feelings before they act.
- Being a good role model and trying to be nice to people you interact with throughout the day.

Discussion starters to use in talking with your child about kindness...

"What was the nicest thing anyone did for you today?" "How would you make a new classmate feel welcome?"

"How do you think that makes another person feel? What is it like to be in their shoes?"