

KINDNESS

Culture of Kindness

Attributes of being friendly, generous, and considerate toward people, customs, arts, social institutions, and achievements of a particular nation, and other social groups.

Kindness (kind-ness)

(n) The quality or state of being friendly, generous, gentle and considerate.

LaWhimsy//Word Nerd



29 Big-Hearted Questions
for meaningful family conversations during COVID-19 and beyond

- Did you get a chance to help anyone today?
- Did anyone help you today?
- Who did you enjoy connecting with today?
- Who could we reach out to tomorrow?
- Why do you think it's important that friends, family and neighbors help each other right now?
- What is the hardest thing about this time of social distancing?
- What is the best thing about this time of social distancing?
- What is something you miss from before this time of social distancing that surprises you?
- What is something you don't miss from this time of social distancing that surprises you?
- What does it mean to have courage? Have you ever had to be brave?
- Can you think of a helpful thing you wish you had done today?
- Today I heard about something on the news. I wonder how this experience would have been if I wonder how we can help?
- How do you make yourself feel better when you feel frustrated or angry at home? What about boredom?
- What is one thing you are grateful for today?
- What is one thing you hope to do better tomorrow?
- What ideas do you have for how we can better support each other in our homes?
- Can you think of one act of kindness you would like to share tomorrow?
- Are you feeling sorry about anything that happened today? (Addressing mistakes shows kids that no one is perfect, and opens the way for them to share meaningful apologies.)
- Can you imagine being a doctor or nurse at a hospital right now? A grocery store cashier or food delivery worker? A nursing home care provider? How do you think it might feel?
- Did you hear anything confusing today? Maybe I can help make sense of it.
- What are you curious about? What do you want to learn about today?
- What are you proud of today?
- Can you name something you love or think is special about our family today?
- If you won a grand prize of \$1,000, how would you spend it?
- If you won \$1,000 and could not spend it on yourself or your family, how would you spend it?
- If you could only keep one toy, what would it be? If you could only keep one toy, to whom would you give the rest?
- If you could change one thing in the world, what would you change?
- How could we connect with nature in a new way this week?

Find more tools to raise compassionate kids at DoingGoodTogether.org

Lisa Lerene Plans **LEARN THE GRATITUDE CHALLENGE**

START A GRATITUDE JOURNAL	PAY FOR CAR IN LINE BEHIND YOU	NO COMPLAINING TODAY
EXPRESS GRATITUDE TO 3 PEOPLE	JOURNAL WHAT YOU ARE GRATIFUL FOR	COMPLIMENT SOMEONE TODAY
BAKE A TREAT FOR YOUR NEIGHBORS	DO A RANDOM ACT OF KINDNESS	HUG SOMEONE
REPLACE EVERY COMPLAINT WITH A BLESSING	ORDER YOUR FRIEND'S FAVORITE TREAT AND HAVE IT DELIVERED	LIST 2 OF YOUR FAVORITE PERSONALITY TRAITS
LIST 3 THINGS YOU ARE THANKFUL ABOUT YOUR CAREER	DONATE TO CHARITY OF YOUR CHOICE	SURPRISE YOUR FRIEND/SPOUSE WITH DATE NIGHT
LIST AN ACCOMPLISHMENT YOU ARE PROUD OF	LET A CAR IN FRONT OF YOU WHEN PRIVING	THANK A VETERAN FOR THEIR SERVICE
NO NEGATIVE SELF TALK	GIVE SOMEONE A SMALL GIFT JUST BECAUSE	THINK OF SOMEONE WHO INSPIRES YOU-- TELL THEM
LIST YOUR FAVORITE THING ABOUT YOUR HOME	WRITE DOWN 3 STRENGTHS YOU HAVE	TELL YOUR LOVED ONES WHY YOU LOVE THEM. BE SPECIFIC
BE THANKFUL IN YOUR PRAYERS	SEND A CARD TO AN ELDERLY RELATIVE	LEAVE A NOTE OF ENCOURAGEMENT IN A PUBLIC PLACE
EXPRESS GRATITUDE	PRACTICE SMILING AS MUCH AS YOU CAN	VOLUNTEER TO DO AN UNPLEASANT TASK
THINK & SPEAK POSITIVELY	WHAT MOMENT THIS MONTH ARE YOU MOST THANKFUL FOR	KEEP OVER YOUR GRATITUDE JOURNAL FOR THE MONTH

KINDNESS
THE QUALITY OF BEING FRIENDLY GENEROUS CONSIDERATE

I AM

Kindness: **KINDHEARTEDNESS** warmheartedness affection
Good Turn Tendencies **Liking** **Charity**
warmth gentleness **concern** **care** **consideration** **helpfulness**
thoughtfulness **unselfishness** **SELFLESSNESS** altruism **compassion**
generosity **UNDERSTANDING** big-heartedness **Fair** **COOL**
BENEVOLENCE **benignity** **friendliness** **Humanity**
hospitality **neighborliness** **GENEROSITY**
magnanimity **charitableness** **Nice** **PURE LOVE**

"He thanked her for her kindness" **GOODLOGY®**



HELPFUL YOU TUBE VIDEOS ABOUT KINDNESS

- A Short Film About Kindness <https://youtu.be/8Wl0UWLeT9I>
 The Science of Kindness <https://youtu.be/O9UByLyOjBM>
 Hair Love https://youtu.be/kNw8V_Fkw28

HELPFUL WEBSITES

- Acts of Kindness <https://acts.kindness.org/initiatives>
 Kindness.org <https://kindness.org/>
 Random Acts of Kindness <https://www.randomactsofkindness.org/kindness-ideas>

HELPFUL ARTICLES

- 40 Acts of Kindness to Make the World Better <https://www.lifehack.org/882957/acts-of-kindness>
 How to Practice Kindness https://topselfgrowth.com/how-to-be-kinder-to-others/?utm_source=bing&utm_medium=cpc&utm_campaign=topselfgrowth.com&utm_term=kindness%20org&utm_content=How%20To%20Practice%20Kindness_1603997495

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