

LET'S SHARE KINDNESS

TIPS FOR FAMILIES

Children can learn how to be kind and show care for others by watching grownups around them model these behaviors. Learning to share kindness also begins with empathy—being able to connect with how others might be thinking or feeling. As a parent or caregiver, you can help instill kindness and empathy in your child through the everyday conversations, stories, and activities you share together—at home and in your neighborhood!

Here are some tips and ideas from *Too Small to Fail* + Born This Way Foundation:



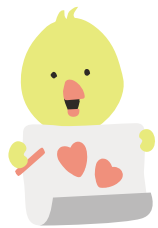
HOW ARE YOU FEELING TODAY?

Each day, take time to check in with each other on how you're feeling and help your child use words to express their emotions like *excited*, *worried*, *sad*, *frustrated*, or *happy*. Conversations like these can help foster empathy and kindness.



READ BOOKS ABOUT KINDNESS

Reading books about kindness can be a wonderful way to share special moments while learning about the importance of being kind. While reading, talk about how the characters are being kind and showing care for each other.



WRITE A KIND NOTE

Share kindness by writing notes to show your appreciation and brighten up someone's day. Decorate the note with drawings and safely deliver the card to your loved ones or send it in the mail!



CALL A LOVED ONE

Call or video conference with a family member or friend to share kind words about why you love and appreciate them!



WRITE A POEM ABOUT KINDNESS

Express what kindness means to your family by writing a poem about it. Include kind words about one another and share them with each other. Add a beat to your poem to turn it into a song!



PRACTICE MINDFULNESS

Mindfulness is a great way to show kindness to yourself by focusing on inner thoughts and feelings in the present moment. As a family, try taking deep breaths, listening to relaxing music, or coloring together.



SHARE STORIES OF KINDNESS

Together, as a family, take time each day to share how you showed kindness or how someone showed it to you. Talk about how it made you feel and how you think your kindness makes others feel.

Please visit talkingisteaching.org/resources for more tips and activity ideas to promote social-emotional development. For more information on the impact of kindness and resources to help support mental health visit bornthisway.foundation.

