



COMMUNITY KINDNESS

Family members collaborate on sharing kindness with community members.

TIME

15-20 minutes

PARTICIPANTS

Kindergarten and Up, Parents, Family Members

MATERIALS

Your choice (doesn't require any)

DIRECTIONS:

1. Ask together: Who is our community (How do we define it)? And who in our community—or beyond—could use some kindness? (Hint: Everyone can so the trick is to identify who you'll focus on).
2. Consider that person/people's circumstances. What challenges do they face? How can we understand better how they think and feel (empathy)? How can we help them feel better (compassion)?
3. Discuss and decide on a kindness plan. Will it involve writing a letter, baking bread, designing a game or shoveling snow?
4. Take action together and make sure each family member has a designated role (no matter how simple!)
5. Come back home and reflect soon after your acted in kindness.

REFLECTION

- How do you feel after offering kindness?
- How do you think the person/people felt who received your kindness?
- What was the impact on that person/people today? What could be a ripple effect that could impact tomorrow or next week or even after?
- What parts of the process were easy? What parts were challenging? Why?
- Were there any lessons you can take away in working together as a family to show kindness?
- Will you do this again in another way or with other people?





SOCIAL AND EMOTIONAL SKILLS

Self-awareness: children and teens begin to explore their passions, agency and purpose as they discover how they want to contribute and that they are able to contribute to others.

Social awareness: children and teens have the chance to take other's perspectives and empathize with those who they are not typically in contact with and may live very different lives from their own.

Self-management: children and teens can learn to manage themselves appropriately in social contexts different from their own home, neighborhood or school by taking social cues from others and managing emotions.

Relationship skills: children and teens can learn listening skills and also, ways to communicate effectively and collaborate with others.

Responsible decision-making: children and teens can learn about social responsibility and how community actions have consequences for individuals and families and learn about ways in which they can act as responsible citizens to address community problems.

