

Kindness (Grades 3-5)

For PurposeFull Families

EXPLANATION:

This month we're talking about the wonderful and sometimes oversimplified character trait of Kindness. The dictionary defines it as: "the quality of being friendly, generous, and considerate." But it is so much more than that! The definition we are using in class is:

Kindness: the choice to act with words, gifts, or actions to bring appreciation, positivity, and encouragement to others and yourself.

We spend talking about how Kindness isn't just a feeling, but a choice that we get to make every day! It's an exercise in bringing good things into our lives and the world. Those good things can (and should!) look like more than kind words; Kindness is given through our actions and our encouragement and our attitude and our gifts. We will spend time thinking about how to be kind to ourselves, to our environment, to our school, and to one another. We will get to experience sharing and receiving compliments and helping create acts of service or gifts for others. We will think about how people like Lao Tzu and Lady Gaga taught or lived Kindness in their life. It's a generous, positive, and encouraging time!

CONVERSATION STARTERS:

- Kindness isn't only for others. Explain how you show Kindness to yourself.
- Some people say that the most genuine act of Kindness is done when no one else is looking. What do you think that means? Can you think of any ways to show genuine Kindness?
- Discuss the [5 Love Languages](#) (in summary, we all give and receive something like Kindness in different ways. Dr. Gary Chapman suggests the five primary ways are: giving and receiving gifts, words of affirmation, physical touch, quality time, and acts of service). In which ways do you prefer others show you Kindness? In what ways do you often show Kindness to others? What are some love languages that you can bring more of into your home?

QUESTIONS YOU COULD ASK:

- There's a t-shirt that reads, "Be Kind to Everyone." Do you agree or disagree with this idea?
- In our family, give examples of how we show Kindness to others? How can we bring even more Kindness into our home?
- When are times that it's difficult for you to show Kindness? What clues do your mind or body give you that you're having a hard time practicing Kindness? What helps you practice Kindness even if it's difficult?

APPLICATION:

Books:

- [Each Kindness](#) by Jacqueline Woodson
- [Tilt Your Head, Rosie The Red](#) by Rosemary McCarney
- [Somebody Loves You, Mr. Hatch](#) by Eileen Spinelli
- [Sidewalk Flowers](#) by JonArno Lawson
- [One Smile](#) by Cindy McKinley
- [Gifts from the Enemy](#) by Trudy Ludwig
- [Ordinary Mary's Extraordinary Deed](#) by Emily Pearson

FOR YOUR READING:

- [Ten secrets for raising a kind and compassionate child](#) by Colleen Temple
- [14 little ways to encourage Kindness](#) by Kristine Breese

Kindness (Grades 3-5)

For PurposeFull Families

PurposeFULL
People

ACTIVITY:

Pull out some paper and markers or crayons. Together, make some 2-3 posters about Kindness that you can hang up around your house. Use the definition or your conversations as inspiration!

PURPOSEFULL PURSUITS:

Coupons To Spare

Save the coupon mailers from your mailbox or the paper. Be intentional this week to clip the coupons that you won't use and put them next to that product on your next trip to the grocery store. Make it a competition who can collect and plant the most coupons for someone to find and experience some positivity! Bonus points if you write a kind message or quote on the back of each one.

Toughness: 1
Time: 3
Type: Individual

A Bouquet of Kindness

Pick a bouquet of flowers from your flower garden, pick some wildflowers on a walk, or pick up a bouquet at the store. Take the entire bouquet to someone, just because! Or, take single flowers to the neighbors on your street.

Have a conversation with your child about why being kind to our environment is important and how the different flowers you found or plucked or bought remind you of kind moments in your life.

Toughness: 2
Time: 2
Type: Group

Kindness Cleanup

Show some Kindness for your mother - Mother Earth that is! Choose a local outdoor site, gather some gloves and trash bags, and spend some time picking up trash. Not only will you be showing Kindness for local flora and fauna, but other humans will be able to enjoy the fruits of your labor as well.

If you feel like sharing, capture a photo of how much trash you collected and share it with friends on social media and challenge them to get more than you!

Toughness: 3
Time: 3
Type: Group

A Kind Act of Service

True Kindness can be shown when nothing is expected in return. Talk about a way your family can serve together and spread Kindness in the community. Discuss the impact your family can make by volunteering to help others. Involve your children in as much as the process as possible. Your children can help research volunteer opportunities on the web and/or help make phone calls to organizations. Service ideas:

- Volunteer at a local organization that serves meals to others
- Search through your house for gently used books, toys, and games to donate to a shelter or service organization
- Visit a nursing home to talk with the residents
- Have a lemonade stand in your yard and offer the lemonade for free
- Visit a shelter and play with the cats or walk the dogs

Commit as a family to doing this kind service for at least the next month. At the end of each visit, discuss what it was like to give your time in Kindness.

Toughness: 4
Time: 4
Type: Group