

Got It!



Kindness

Kindness is about being nice to others; showing care, compassion and being helpful. This isn't done out of a sense of duty but because others are worthy of kindness.

Talking about **kindness** with our children helps develop their understanding of how their actions impact on the world and people around them.

Keeping it on the list of things discussed daily at home can be really helpful.

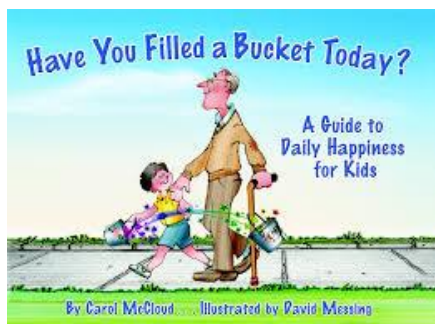


Home Activity:

Each night at the dinner table have everybody answer 3 questions:

1. What is something that made you **happy** today?
2. What is your 'thank you' thing for today?
3. What is a **kind thing** you did today for a person, creature or place?

Book:



A book you might like to read with your children on the subject of kindness:

Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud