SAY IT:
Kindness is showing others they are valuable by how you treat them.

KNOW IT:
Ask a kid:
• Think of a time someone was kind to you at school. How did that make you feel? Think of a time when someone was not nice to you. How did that make you feel?
• What are some ways you can show kindness to a classmate at school?
• When is the last time that you were kind to a stranger out in public? (held the door for someone, helped an elder carry groceries, used your manners while speaking, etc.)?

Ask a grown up:
• Do you make an effort to be kind to others even though you are busy and have a lot of responsibilities?
• Share some examples of ways you are kind at work, in the community, and at home.

SEE IT:
Each year, a non-profit organization called the Random Acts of Kindness Foundation sponsors a week deemed Random of Acts of Kindness week. This year it is scheduled for February 11-17. The focus of this week is to spread generosity and kindness to others anonymously. Keep your eyes and ears open during this week and also brainstorm ways that you too can spread kindness.

BE IT:
Visit https://www.randomactsofkindness.org for ideas to display kindness to others this month. Examples of ways to demonstrate kindness at home might be to write positive notes and leave them in your child’s lunchbox, surprise your spouse with a sweet treat at their workplace, or be spontaneous and take the family out for a night of bowling and fun!