



# The Meaning of Kindness

## Individual Practice

This month, our school is focusing on defining kindness. As a class, we discussed the following questions in relation to our community at school. As a family, discuss these questions and what it means to be kind at home.

1. What does kindness mean to us? \_\_\_\_\_

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2. Why do we think kindness is important in our home? \_\_\_\_\_

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3. If our home felt like a kind place, what would it be like? (What would we see? What would we hear? What would we feel?) \_\_\_\_\_

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4. What is the hardest thing about being kind? \_\_\_\_\_

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5. How can we practice kindness together as a family? \_\_\_\_\_

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