

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?
2. Why do we think kindness is important in our home?
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?)
4. What is the hardest thing about being kind?
5. How can we practice kindness together as a family?