



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? _____
