



For the month of February, we're talking about the beautiful character trait of Kindness. The dictionary defines it as: "the quality of being friendly, generous, and considerate." But it is so much more than that!

Here's the definition:

Kindness: the choice to act with words, gifts, or actions to bring appreciation, positivity, and encouragement to others and yourself.

The key part of this definition? Kindness is a choice that we get to make every day to bring good things into our lives and the world. Those good things can look like more than just some kind words; Kindness is given through our actions and our encouragement and our attitude and our gifts.

Looking for ways to enrich your dinner time conversations? Here are some ideas divided up by grade level.

K-2nd Conversation Starters

- What does Kindness look like in our home? What does it look like in our neighborhood? What does Kindness look like in our extended family, our faith or spiritual practices, our community centers, our sports teams, etc.?
- Why is it important to show Kindness to people who aren't kind to you?
- What acts of Kindness have others shown you lately and how did you respond? How did it make you feel? How do random acts of Kindness help you grow?

3rd-5th Conversation Starters

- Kindness isn't only for others. Explain how you show Kindness to yourself.
- Some people say that the most genuine act of Kindness is done when no one else is looking. What do you think that means? Can you think of any ways to show genuine Kindness?
- Discuss the [5 Love Languages](#) (in summary, we all give and receive something like Kindness in different ways. Dr. Gary Chapman suggests the five primary ways are: giving and receiving gifts, words of affirmation, physical touch, quality time, and acts of service). In which ways do you prefer others show you Kindness? In what ways do you often show Kindness to others? What are some love languages that you can bring more of into your home?

Reading Recommendations for you...

K-2nd

[Are you raising nice kids?](#) by Amy Joyce

[Six ways to teach kindness](#) by Natasha Daniels

3rd-5th

[Ten secrets for raising a kind and compassionate child](#) by Colleen Temple

[14 little ways to encourage Kindness](#) by Kristine Breese

Family Challenges

K-2nd

Over dinner tonight, brainstorm ways that you can show Kindness to your neighbors. Maybe you've noticed that your neighbor hasn't walked his dog in a while. Perhaps there are some leaves that need to be raked or flower gardens that need to be weeded. Are

there trash cans that could be brought in off of the curb? Or might there be a car that you'd be willing to wash? Discuss which service you might want to offer, then knock on a door and ask, "Need some help?"

3rd-5th

Save the coupon mailers from your mailbox or the paper. Be intentional this week to clip the coupons that you won't use and put them next to that product on your next trip to the grocery store. Make it a competition who can collect and plant the most coupons for someone to find and experience some positivity! Bonus points if you write a kind message or quote on the back of each one.