

Kindness Family Challenges

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Cooking up Kindness

Dust off your favorite recipe, grab your budding chefs, and get cooking. In this challenge, you'll make something to share with a neighbor, colleague, or friend. Nothing says, "YOU are loved" quite as tastily as some homemade Kindness from your kitchen.

Work with your child to write a note and/or write out the recipe so you can spread the love a little further and perhaps inspire your recipient to pass it on!

Kindness Bingo

Have each member of the family fill out a bingo board with different ways you like others to show Kindness to you. Place each bingo board somewhere accessible for the whole family such as the refrigerator. Then, when someone commits an act on your board, color it in! Be sure to celebrate when the family has collaborated to get bingo! Some ideas may include:

- Help with a household chore
- Spend quality time together with no distractions (tv, phone, etc.)
- Play a game together
- Give a hug
- Write a card or letter saying what you love about someone

A Kind Face

Ask your child about a friend or family member that they feel like they haven't talked to in a while. Brainstorm 2-3 kind things that they feel about that person and then call them up and let them know! Better yet, video call them if you have access so they can see your smiling faces while you share.

Challenge yourself to reach out to one adult in your life and do the same. Call your cousin or your aunt or your friend that you haven't reached out to in awhile and give them the kind gift of time.

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A Bouquet of Kindness

Pick a bouquet of flowers from your flower garden, pick some wildflowers on a walk, or pick up a bouquet at the store. Take the entire bouquet to someone, just because! Or, take single flowers to the neighbors on your street.

Have a conversation with your child about why being kind to our environment is important and how the different flowers you found or plucked or bought remind you of kind moments in your life.

Kindness Cleanup

Show some Kindness for your mother – Mother Earth that is! Choose a local outdoor site, gather some gloves and trash bags, and spend some time picking up trash. Not only will you be showing Kindness for local flora and fauna, but other humans will be able to enjoy the fruits of your labor as well.

If you feel like sharing, capture a photo of how much trash you collected and share it with friends on social media and challenge them to get more than you!

A Kind Act of Service

True Kindness can be shown when nothing is expected in return. Talk about a way your family can serve together and spread Kindness in the community. Discuss the impact your family can make by volunteering to help others. Involve your children in as much as the process as possible. Your children can help research volunteer opportunities on the web and/or help make phone calls to organizations. Service ideas:

- Volunteer at a local organization that serves meals to others
- Search through your house for gently used books, toys, and games to donate to a shelter or service organization
- Visit a nursing home to talk with the residents
- Have a lemonade stand in your yard and offer the lemonade for free
- Visit a shelter and play with the cats or walk the dogs

Commit as a family to doing this kind service for at least the next month. At the end of each visit, discuss what it was like to give your time in Kindness.

Questions You Could Ask

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- 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 does random acts of Kindness help you grow?

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- There's a t-shirt that reads, "Be Kind to Everyone." Do you agree or disagree with this idea?
- In our family, give examples of how we show Kindness to others? How can we bring even more Kindness into our home?
- When are times that it's difficult for you to show Kindness? What clues do your mind or body give you that you're having

a hard time practicing Kindness? What helps you practice Kindness even if it's difficult?