## Cultivating Kindness in Families 2: ATTEND KINDLY

Ready for an exciting, meaningful second TeamTalk?

### Outcomes:
- The most significant gift we give each other daily is our undivided attention and presence
- Presence and attention are crucial to kindness
- We cultivate paying attention and moving the focus of attention with a practice
- Presence means that we ask questions and listen attentively to each other

### FAMILY TEAMTALK 2

### Light the Kind Candle

One of the kids can light a candle to mark the beginning of a special celebration of kindness. Mention that we celebrate the kindness already present in each of us and our families. Just as a candle brings light and warmth, so does kindness.

### Check-in

Each one gets an opportunity to say how they are doing.   Age-dependent, asking about news, highlights, and challenges.  Try just listening without fixing. Consider sharing your own struggles as well.

### Explain the importance of attention to being kind

*Paying attention is kind!* Imagine you're talking to a friend. If your friend doesn't look into your eyes and really listens to what they're saying, it would make you feel your friend doesn't care. The opposite is also true!  When your friend is really listening, it makes you happy! As a family, we all need to pay attention to each other. (Talk to the kids, letting them feel the difference with and without eye contact.)

We pay attention with our eyes, ears, and hearts. This helps us understand how others in our family feel. That helps us to know what to say and do to support each other. For example, if a sibling is sad, we might give them a hug, say something nice, or help. That makes them feel better because they know we care.

Let's play a fun game again!

## The IN or OUT Game

*"Okay, let's play a fun game called the 'IN or OUT Game.'* Go to an area with open space to play 😊.

### Step 1: Form a closed circle

First, two family members stand facing each other and hold hands to make a circle with our arms. We'll be the gatekeepers, and everyone else will stand outside the circle.

### Step 2: Try to get in!

The rest of you try to get inside the circle of those holding hands, but they try to keep you out by holding their arms straight and strong. Remember, we have to keep our arms straight the whole time!

### Step 3: Use the Secret Magic Word

You can use a secret magic word if it gets too hard to get in. The magic word is 'KINDNESS.' When you say 'KINDNESS,' those holding the circle have to let you in right away. Keep going until everyone is inside the circle!

### Age-Dependent Discussion After the Exercise

- How did you feel when you were kept out of the circle?
- How does it feel to be included?

When we listen to each other, we can make each other feel included. Maybe we could be more attentive when we put down our cellphones and listen to each other speaking.

## Practice "Playing Attention" with Kindness

Let's have some fun by playing with our attention and showing kindness to our bodies. Are you ready? Let's start!

**1 Find a Comfortable Spot:** First, find a comfy spot to sit or lie down. Make sure you feel cozy and relaxed. Wiggle your body to find a posture that can pay attention.

**2 Take a Deep Breath:** Close your eyes if you want to, and take a big, deep breath in... and let it out slowly while "playing attention" to your breath as it flows in and out. Let's do that twice more. Breathing in... and out. Great job!

**3 Start with Your Toes:** Now, let's play some more with our attention. Imagine your attention is like a jumping frog. Let's make it jump to our toes. Wiggle your toes and say, 'Hello, toes!  Are you cold or warm? Do you feel pressure or not?"

**4 Move to Your Legs:** Now, let's make our attention jump to our legs. Give your legs a little wiggle and say, 'Hi, legs! Thanks for helping me run and play!'

**5 Jump to Your Tummy:** Next, let's jump our attention to our tummy. Put your hands on your tummy and feel it go up and down as you breathe. Say, 'Hello, tummy! Thanks for helping me eat yummy food! Are you hungry, tummy?'

**6 To Your Hands:** Now, let's jump our attention to our hands. Wiggle your fingers and say, 'Hi, hands! Thanks for helping me draw and play!'  Are they cold or warm?

**7 Move to Your Shoulders:** Let's make our attention jump to our shoulders. Give your shoulders a little wiggle and show some kindness to them: 'Hello, shoulders! Thank you for helping me carry my backpack!'

**8 To Your Head:** Finally, let's jump our attention to our heads. Give your head a gentle turn left to right and balance it nicely on your neck. Say, 'Hi, head! Thanks for helping me think and learn!'

**9 Whole Body:** Now, let's feel our whole body. Imagine your attention is giving your whole body a big, warm hug. Maybe hug yourself now!!! Say, 'Thank you, body, for being so amazing!'

**10 Finish with a Deep Breath:** Take one last big, deep breath in and let it out slowly. When you're ready, open your eyes and give yourself a big smile.

You did a great job "playing attention" with kindness to your body! How did it feel?

We can always train our attention to focus on the person speaking so we can really show our kindness!  Let's try to really give all our attention to each other in the family., especially when one is talking.

### The Spirit of Kindness

**James 1:19 (NIV):** "*My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.*"

"*A happy family listens to each other.*"

## Kindness Calendar

To remind ourselves about the theme, put a poster on the refrigerator or another prominent place.

The poster includes a calendar for recognizing acts of kindness. Acknowledge and celebrate kindness as a habit, and mark your acts of kindness with a sticker or pencil.

Celebrate the acts of kindness since the previous TeamTalk. Maybe from a Kindness Cookie Jar?

Who will help put up the poster? (If they offer help, add the first star/note to the calendar.) The poster is at the end of the document.

## Someone blows out the candle!

Ask someone to blow out the candle because we take care of endings with gratitude.

# 2 Attend Kindly

**Names**

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**Names**

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