

## Cultivating Kindness in Families 6: COMMIT TO KINDNESS

### Outcomes:

- The family commits to a shared value of kindness
- We cultivate a family team spirit to be a “kindness crew” or “compassion squad”
  - Creating an Image/Logo/Emblem for the family together
  - Considering the creation and printing of family T-shirts
  - Create a unique family greeting (a “dap”, or power handshake)
  - Discuss a song or music that we can use as a family
  - Photographs and memory boards can also be helpful.
- We discuss family habits to keep on cultivating kindness

### Introduction to Parents

Commitment and team spirit within a family fosters a nurturing environment where kindness can flourish.

Commitment ensures that kindness becomes a *shared family value*, consistently demonstrated and reinforced through everyday interactions and joint activities. When family members are *committed* to each other, they prioritize acting kindly in the relationships, making time to connect, being attentive to each other's needs, listening and communicating with kindness, and supporting and helping one another.

A sense of *team spirit* encourages connections and collaboration in a fun way, reinforcing the idea that every family member's actions contribute to the well-being of the whole.

### **FAMILY TEAMTALK 6**

#### **Light the Kind Candle**

One of the kids can light a candle to show the beginning of a special celebration of kindness. Mention that we celebrate the kindness that is already present in each one of us and in our family.

#### **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.

## **Family Fun Factory: Crafting Our Special Bond!**

Keep the children's ages in mind and choose options from the list that can help build a family team spirit.

### **\* Family Fun Photo Lab**

Consider taking a few family pictures now. Everyone should first dress in clothes they like and also bring clothes for a funny picture. Set up the self-timer of a cellphone. Maybe you can even rent some costumes and props for a fun photo session? What about a hand sign that depicts kindness, like Heart Hands or Pinky Promise (Linking pinky fingers is a gesture of trust and commitment, often associated with promises and support), or your unique family hand sign? Enjoy the photos afterward and print enough for each room and the refrigerator!

### **\* Family Fun Logo Lab**

Design a unique and meaningful logo that represents your family. This fun and collaborative activity will help you practice listening, generosity, and kindness while creating something special together. Each family member should share their ideas and inspirations. Consider one core metaphor we can all connect with as the intention to be kind. Practice active listening by paying attention to each person's suggestions and acknowledging their contributions.

To bring your sketches to life, consider using paper and crayons or markers or AI logo creators, such as Canva, Looka, or LogoMakr.

The goal of this activity is not just to create a logo but to enjoy the time spent together as a family, practicing listening, generosity, and kindness. Have fun, and let your creativity shine!

### **\* Family Fun T-Shirt Lab**

Let everyone participate in designing and printing a family T-shirt! Then, practice active listening by paying attention to each person's suggestions and acknowledging their contributions.

### **\* Listen to numerous songs and choose a song as a symbol for the family**

As a celebration of families, send your designs, photos, and family team spirit ideas to [info@mindfulness.art](mailto:info@mindfulness.art). We will post and celebrate the creative family ideas on our website! ([www.kindness.family](http://www.kindness.family))

## Kindness Commitment Ritual

Consider a family Kindness Commitment Ritual according to the age of the children.

- Family Thumbprints: Use the Kindness Commitment page at the end of the document and let everyone print their thumbprint or name as a commitment to kindness.

## Cultivate Kindness: Lovingkindness Practice

We will end our Lovingkindness Practice together, wishing each other well with accompanying movements. When we do this, kindness flows out of our hearts and fills our house or apartment. We can all flourish in kindness!

### Wishing our family well:

*Let's say it together:*

- **May we be kind** (place your hands on your heart) – Say it with a kind voice.
- **May we be open** (open your hands to the sides) – Say it with a long “oooo.”
- **May we be happy** (raise your hands up to the sky) – Shout it with a happy voice.
- **May we be grateful** (put your hands in a prayer position) – In a peaceful voice.

### For Daddy/Mommy/Caretaker:

*Now let's wish Daddy/Mommy/Caretaker well.*

- **May .... be kind** (hands on the heart) – Say it with a kind voice.
- **May .... be open** (hands open to the sides) – Say it with a long “oooo.”
- **May .... be happy** (hands up in the sky) – Shout it with a happy voice.
- **May .... be grateful** (hands in prayer) – In a peaceful voice.

### For Each Child:

*It's your turn now! You can use "I" instead of your name if you want to.*

- **May (child's name) be kind** (hands on the heart) – Say it with a kind voice.
- **May (child's name) be open** (hands open to the sides) – Say it with a long “oooo.”
- **May (child's name) be happy** (hands up in the sky) – Shout it with a happy voice.
- **May (child's name) be grateful** (hands in prayer) – In a peaceful voice.

Encourage everyone to participate and enjoy the practice together, creating a loving and connected family moment. Consider time to reflect on how this practice was for each one.

## The Spirit of Kindness

### Proverbs 3:3 (NAS)

*"Do not let kindness and truth leave you;  
Bind them around your neck; write them on the tablet of your heart."*

### Dalai Lama:

*"Be kind whenever possible. It is always possible."*

## Kindness Calendar

Celebrate the acts of kindness since the previous TeamTalk and our family team spirit!

### Someone blows out the candle!

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

### Optional

- Page through pictures of previous vacations.
- What about planning your next vacation or family activity together?



# 6 Commit to Kindness

Commit by adding Your Checkmark

Names



Names

