

## Cultivating Kindness in Families 5: ACT KINDLY

### Outcomes:

- Helpful Behavior: Family members become more willing to assist each other with tasks and offer support in various situations.
- Self-sacrifice: We learn to prioritize others' needs and are willing to make personal sacrifices for their benefit.
- Responsible Ethical Behavior: Family members develop a stronger sense of responsibility and ethical conduct, making decisions that reflect kindness.
- Families consider engaging in regular acts of charity, such as donating clothes, toys, or time to those in need.

### Introduction to Parents

Parents play a crucial role in cultivating their children's behavior and values. When parents consistently demonstrate kindness, empathy, and respect in their interactions, they provide a powerful example for their children to follow. This modeling of kind behavior helps children learn to treat others with compassion and consideration, fostering an environment of mutual respect and understanding. By witnessing their parents' genuine acts of kindness, children are more likely to internalize these behaviors and incorporate them into their lives. Ultimately, the example set by parents in their daily actions and words serves as a foundational lesson in kindness that children carry with them into adulthood, contributing to a more compassionate and empathetic society. Doing volunteering work together as a family is a great opportunity to model kindness in action.

### **FAMILY TEAMTALK 5**

#### 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.

Share what acts of kindness you appreciate of the others in the family.

## Roleplay: The Magic Garden of Kindness

The objective of the roleplay is to teach young children the importance of acting kindly and using kind words through a fun and engaging activity.

### Materials Needed:

- A few simple props, like a small watering can/jug, sweets, or kindness cookies
- A designated play area, like a living room or garden

**Scenario:** Parents and children will act out a story set in a magical garden where kindness helps flowers (children) thrive and overcome challenges.

### Roles:

- **Parent/Caretaker:** Garden Keeper
- **Child/Children:** The Flower/s that acts out what the garden keepers says.

### Script and Actions:

#### Scene: Magic Garden:

- **Parent (Garden Keeper):**

*"Welcome to the Magic Garden of Kindness! Use your imagination now. I am the garden keeper, and you are the flower/s. In this garden, flowers grow strong and happy when they receive kindness and care. Are you ready to act like a flower/s?"*

#### Flower Withering:

- **Parent:** *"Oh no, my flower looks withered, sad, and tired. What could be wrong? Show us what a sad withered flower looks like."*
- **Child (Flower):** (Pretends to be a sad, withering flower by drooping their head and shoulders and tongue out :)

#### Watering the Flower with Kind Acts:

- **Parent:** *"Don't cry, little flower. I'll give you some water with my kind act of helping."* (Gently pretends to water the child. Maybe sprinkling a little real water from the watering can)
- **Child:** (The child can lift their head and shoulders, starting to look more lively. Or jump with screams if the parent used real water :)
- **Parent:** *"Look, the flower is feeling better! My kindness water helped it grow stronger. I see you lifted your head."*

### Attending to the Soil:

- **Parent:** *"Now, let's make the flower bloom! I will make sure the soil is healthy. ('Feed' the kid a sweet or cookie.) I'll add some kind words to help it blossom. 'You are so special and loved little flower.' Can you show us how a flower blossoms?"*
- **Child:** (Stands up straight, looking happy and energized, blossoming with hands next to the face?)
- **Parent:** *"The flower is blossoming beautifully with all the kindness and care!"*

### Hailstorm Challenge:

- **Parent:** *"Oh no, a hailstorm is coming!"* (Gently shakes a hand above the child to simulate hail) *"Can you pretend some hail falling on you?"*
- **Child:** (Pretends to suffer from the hail by drooping again)
- **Parent:** *"Don't worry, little flower. I'm here to protect and support you. I'll give you more kindness and care."* (Pretends to shield the child and give more water) *Show us how you recover, dear flower.*
- **Child:** (Gradually recovers and stands tall again)
- **Parent:** *"You did it! With support and kindness, you overcame the storm."*

### Conclusion:

- **Parent:** *"You were an amazing flower today! Our Magic Garden of Kindness is thriving because of all the care and love. Remember, just like in our garden, kindness can help us overcome challenges and grow stronger."*

**Reflection:** After the roleplay, have a short discussion with your child about how it felt to receive kindness and care. Reinforce the idea that they can use kind acts in their everyday life to help others feel happy and supported.

With older kids, consider discussing *what lets us feel withered and dry*. What kind of acts of kindness could we support each other with?

### Volunteering or Helping Project for the Family

Discuss options for doing some kind of volunteering or helping together, maybe for the grandparents or someone in need of help. Depending on the age, make them part of the decision and discuss how you as a family can make a difference.

## The Spirit of Kindness

### Galatians 6:2 (NIV):

"Carry each other's burdens, and in this way, you will fulfill the law of Christ."

### Amelia Earhart:

*"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."*

## Kindness Calendar

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

On the poster, you will find a calendar to recognize acts of kindness. Make it a habit to acknowledge and celebrate acts of kindness. Mark acts of kindness with a sticker or pencil.

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

### Someone blows out the candle!

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

### Optional for further discussion

Discuss "Pet Care" responsibilities in the family if applicable.

# 5 Act Kindly



## KINDNESS CALENDAR

SEPTEMBER	OCTOBER	NOVEMBER
1	21	1
2	22	2
3	23	3
4	24	4
5	25	5
6	26	6
7	27	7
8	28	8
9	29	9
10	30	10
11	31	11
12		12

Names

✓	✓	✓



Names

✓	✓	✓

