

Family Questions

Today we explored kindness. We looked at what kindness means and how it makes us feel (both when we are kind to others and when they are kind to us). We looked at why people can be unkind and how we can bring more kindness not only into our own lives, but also into the lives of those around us.



I heard today's topic was about kindness...

Do you think kindness is important, how does it make you feel?

Why do you think some people find kindness difficult?

How do you think we can bring more kindness into the world?

Tip: At dinner time, sit down together and do a Gratitude Circle. Go around the table focusing on one person at a time. Ask everyone at the table to tell each person why they are special and what you are all grateful for about them. This is a great way to make everyone feel special, to give kindness and to learn how to become comfortable with communicating feelings. NB: It might feel uncomfortable at first but keep going!