# KINDNESS 101



## **Family Connection**



**Honesty** 

#### Watch

Watch the video together (https://youtu.be/1dAvueZonBc).

#### **Discuss**

Use these questions to start meaningful conversations about honesty.

- Share a family story about when honesty played a significant role in resolving a problem or strengthening a relationship.
- Discuss why honesty is essential for maintaining trust within the family unit. How do you ensure honesty in your family interactions?

### **Activity**

Gather as a family to bake cookies and explore the importance of honesty. As you follow
the recipe, discuss how each ingredient's measurement must be accurate for the cookies
to taste good. Reflect on how honesty and truthfulness are like the precise measurements
in a recipe—they are essential for building trust and maintaining solid relationships. Enjoy
the delicious cookies you create together as you celebrate your commitment to honesty
and integrity as a family.