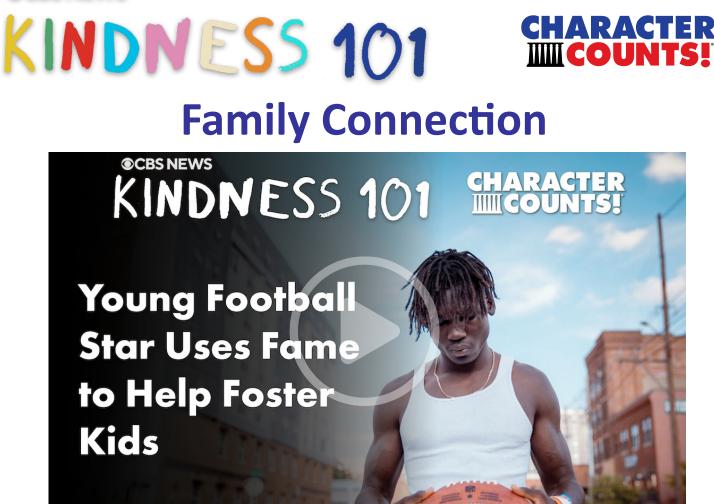
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# **Giving Back**

### Watch

Watch the video together (https://youtu.be/djs-mj-64fw).

### Discuss

Use these questions to start meaningful conversations about giving back.

- How have you experienced kindness within our family or community recently? How did it impact you?
- How can we encourage kindness within our family and extend it to others in need?

### Activity

• Choose an act of kindness to put into action this week. Complete the act of kindness as a family and discuss how it made you feel and the reactions of people who received the kind act.