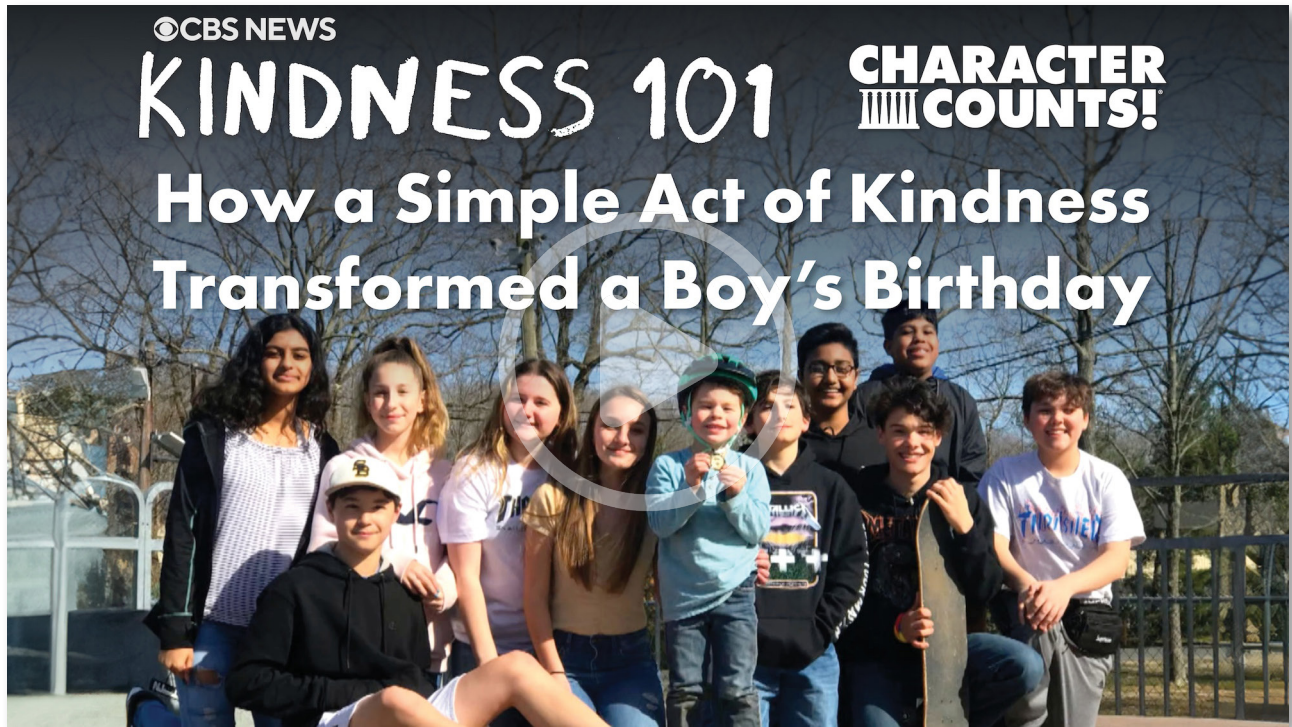


KINDNESS 101

Family Connection



Kindness

Watch

Watch the [video](https://youtu.be/QFZ9B4HWgPQ) together (https://youtu.be/QFZ9B4HWgPQ).

Discuss

Use this question to start meaningful conversations about kindness.

- How can we show kindness at home and in the community?

Activity

- Create a [Simple Act of Kindness TrackerChart](#). Each time a family member performs an act of kindness, write it in a square.
- Celebrate when it is filled up!