# KINDNESS 101



## **Family Connection**



Love

#### Watch

Watch the <u>video</u> together (https://youtu.be/76a-EMBrSHo). This video may contain sensitive content that may not be suitable for all ages. Please review the video before sharing it with students.

### **Discuss**

Use these questions to start meaningful conversations about love.

- Why do you think trust is important in families and friendships?
- What are some small things we can do every day as a family to build more trust with each other?
- How does trust help love grow stronger in relationships?

#### **Activity**

- Create a family trust tree.
- Explain that trust is like the root of a family tree and that trusting actions help love grow into beautiful leaves.
- On a large piece of paper, draw the trunk and branches of your tree.
- Create the leaves using sticky notes or smaller pieces of paper. Each leaf should represent one way your family can show trust to build love.
- Display your tree of love as a reminder to continue to build strong relationships rooted in trust.