

Family Connection



Selflessness

Watch

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

Discuss

Use these questions to start meaningful conversations about selflessness.

- 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?
- How can we practice selflessness as a family?

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.