

MUNCHKIN FUN THANKSGIVING KINDNESS CHALLENGE




PART 5: SPREADING KINDNESS



for what is thou
to be best in any
point of view.

Kindness

of being kind. t
much compas
moving in for
t is th



**"NO ACT OF
KINDNESS, NO MATTER
HOW SMALL, IS EVER
WASTED"**



AESOP

START A FAMILY KINDNESS HABIT



OVERVIEW

- Our daily routines define our lives
- Adopting one or two simple, caring routines can give children a strong sense of themselves as helpers
- Choose a couple of kindness "habits" that fit your family best
- Stick with them, and see where they lead



TAKE ACTION:

ADD KINDNESS TO YOUR DAILY ROUTINE

Choose 2-4 simple actions to incorporate into your family life

- Give your child a compliment at breakfast. Ask them to give one to somebody else during the day
- Pack extra snacks and encourage your children to share with friends
- When out & about, make sure to say please & thank you to store clerks, servers, etc.
- Take a walk around your neighborhood and make an effort to observe & appreciate nature
- At the end of the day, ask kids "Who did you help today and who helped you?"
- At dinner, ask everyone at the table to name something they're grateful for

ASK QUESTIONS

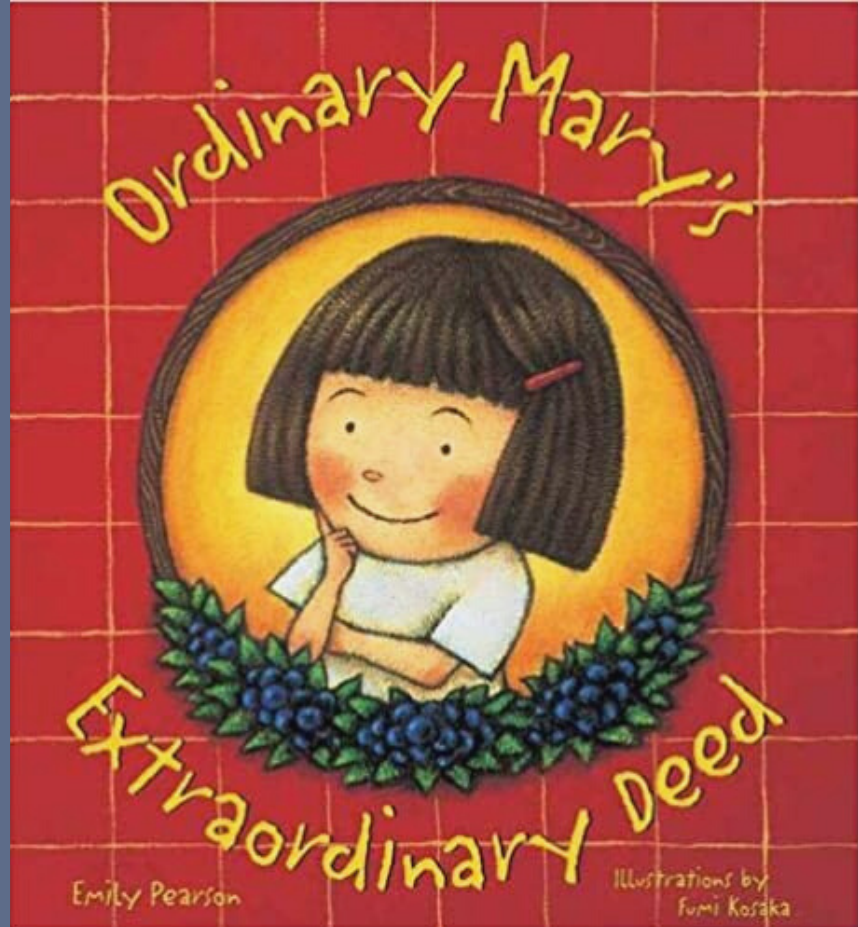
CONVERSATIONS MATTER



Help kids understand why kindness is important...

- How do people share kindness with you?
- How does that make you feel?
- How can our family share kindness with others?
- What's one special thing someone has done for you this week?
- What's something you're grateful for?
- Who could use some help or comfort? How can our family make a difference for them?

READ A KIDS BOOK ABOUT KINDNESS



The Berenstain Bears Lend a Helping Hand by Stan Berenstain. Brother and Sister have agreed to help their elderly neighbor, Miz McGrizz, clean her attic. Although they aren't excited to spend their Saturday helping her out, they just might end up having more fun than they thought.

Ordinary Mary's Extraordinary Deed by Emily Pearson. Can one child's good deed change the world? It can when she's Ordinary Mary—an ordinary girl from an ordinary school, on her way to her ordinary house—who stumbles upon ordinary blueberries. When she decides to pick them for her neighbor, Mrs. Bishop, she starts a chain reaction that multiplies around the world.