

### Element Three – **KINDNESS TO FAMILY** – 3rd Quarter

**This quarter focuses on kindness to your family (and extended to anyone important in your life). The goal of this quarter is to show your family how simple acts of kindness can make a difference -**

- Organize a **simple family meal**. This can include immediate family, extended relatives, and anyone important in your life. Use this gathering as an opportunity to express your gratitude and challenge your 'family' to pay kindness forward.
- **Kindness with words**. Make an effort to speak kindly to your family, expressing gratitude for your families' presence, thanking family members for their daily support
- **Surprise** your family with random acts of kindness for one week ... clean up common living areas, make meals, walk the dog, clean the kitchen etc. all without being asked.
- **Spend time** with siblings and other family members assisting them with something they need or want to do... i.e.: homework, chores, playing their favorite game etc.