

FOUR ELEMENTS OF KINDNESS

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Kindness to Family
and Friends

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

- **Kindness with words** -make an effort to speak kindly to your family and friends, expressing gratitude for your families' presence, thanking family members for their daily support
- 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.
 - During the meal have everyone tell 3 good things that happened today.
- Surprise your family and friends with **random acts of kindness** for one week eg: Clean up common living areas, offer to help prepare meals, walk the dog, clean the kitchen etc.
 - **Help friends and siblings** with homework, offer to play their favorite game, do a craft or read to them, leave them notes of encouragement etc.
- **Spend time** with, call or write an older or ill family member or friend.
- **Encourage your family and friends** to pay kindness forward