



Why Kindness Matters Take Home

TOPIC OF THE MONTH **Why Kindness Matters** is defined as understanding the importance of developing life skills and engaging in community problem-solving through our exploration of gratitude, compassion, and kindness.

Some activities to try at home:

- As a family record Random Acts of Kindness that are being practiced around the house. See how many you can record in a week.
- Begin a Compassion Journal to record the daily events where you saw or personally practiced gratitude and kindness.
- AS a family, Create a Kindness Contract as a family where you describe ways to show kindness both inside and outside your house. Have everyone agree to it and sign it.
- Discuss what you hope to learn about in the upcoming monthly KM365 meetings.

Additional reading/viewing:

Elementary:

- **Kindness Starts With You** by Jacquelyn Stagg
- **The Kindness Book** by: Todd Parr
- **Kindness Makes Us Strong** by Sophie Beer
- **ABC's of Kindness** by Patricia Hegarty

Upper Grades:

- **How to Make a Better World: For Every Kid Who Wants to Make a Difference** by Keily Swift
- **365 Days of Kindness for Kids** by BroadStreet Publishing

Kindness Matters 365 (KM365) is a nonprofit that guides children and teens to explore essential life skills such as being kind and compassionate, respecting others, developing stronger relationships, and coping with challenges. After our kids figure out how to feel and be their best, they practice what they discovered through interactive projects and community engagement initiatives (km365.org).

Visit kindnessmatters365.org/connect or email info@km365.org to sign up for our emails and newsletters.

KINDNESS MATTERS 365™

