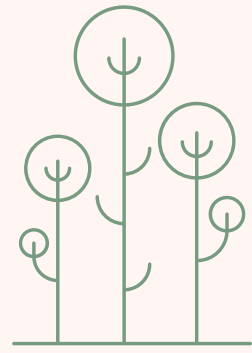


Adventures in Kindness



by Enrichment Beat

The Power of Kindness

Practice matters, just like anything else our children learn in school. After all, "practice makes progress" can apply to many things, including building a more kind world. Practice the acts of kindness that are best fitting for you and your family in your own way. Anything from doing household chores to helping with a sibling can be considered an act of kindness. "When these kinds of routine actions are simply expected and not rewarded, they're more likely to become ingrained in every day actions." - 7 Tips for Raising Caring Kids by Making Caring Common, a project of the Harvard Graduate School of Education.

Remember, there isn't one correct way to be kind. It is up to us to keep moving forward with kindness and to keep practicing even when we face challenges or adverse circumstances.

"Kindness is more than behavior. The art of kindness means harboring a spirit of helpfulness, as well as being generous and considerate, and doing so without expecting anything in return. Kindness is a quality of being. The act of giving kindness often is simple, free, positive and healthy." - The Art of Kindness by Mayo Clinic Health System

Start your adventure...



ADVENTURE #1

Think of one way you can be kind to your family this week and be as creative as you want to be! Maybe give each member of your family a compliment?

Do this kind act once a day for a week. Every time you complete this kind act, check it off below:



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ADVENTURE #2

Ask your parents if they will do this mission with you. Look around and think of something for which you are thankful and then draw a picture. It can be a book, your favorite snack, a friend, a family member, a pet, a flower that you see on the way to school... anything. There should be one picture for each day of the week. Whenever you feel you need a little boost or are feeling down, look through the pictures to remind yourself of the things that make you grateful. Continue to move forward everyday with this reminder of the wonderful things that surround you.

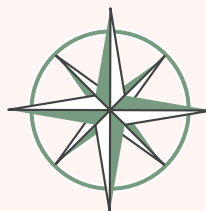
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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ADVENTURE #3

Extend kindness to a friend. Pick a friend and ask how they are doing or invite them to play a game. Check off the boxes below every time you complete an act of kindness. Check back at the end of the week and look at your accomplishment.

Ask how they are doing

Ask if you can give them a hug or a high five

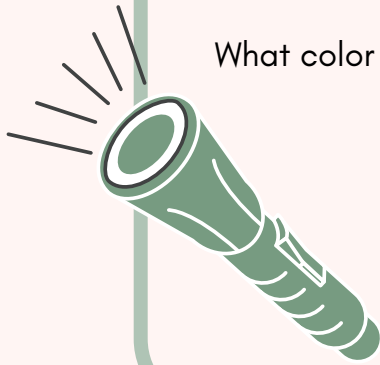
Play a game together

Give them a compliment

Tell them a joke

Any act of kindness

What color comes to mind when you think about sharing kindness with friends?



fill me with color

ADVENTURE #4

Were you kind to yourself today? Did someone do something kind for you? Or did you do something kind for someone else? Collect evidence of kindness when it happens around you! Be a great detective and make sure to keep good notes.



ADVENTURES IN KINDNESS
**MISSION
ACCOMPLISHED**

I am kind

This certificate is to acknowledge

Your Name

has applied the "Power of Kindness" in
their daily life.



*Stay
Strong &
Power On*