

Wellness Lesson 12

Corresponding video: Kindness-

https://www.youtube.com/watch?v=rwelE8yyY0U&list=PLfPH0SYkc_CD5BcxUA0Iu8F3b90VoGpb7&index=2&t=0s

Activities:

- Watch the video on kindness.
- Discuss different acts of kindness that each family member can participate in to help spread kindness to others.
- Encourage ALL family members to participate and share different acts of kindness that each has participated in or even random acts of kindness that they have received from others.
- The photo below can help share ideas on ways that we can show kindness.



Options for families:

- Discuss how giving kindness to others has made each family member feel
- Discuss how receiving a random act of kindness has made each family member feel

Challenges for Parents:

- Start a family Kindness campaign by sharing kindness posters, kindness rocks or other kindness acts in your neighborhood. Have fun with this 😊
- Kindness is contagious, spread it around to everyone - don't be shy. :)