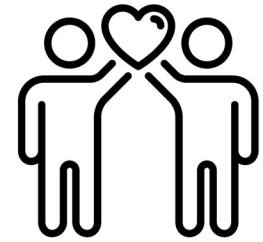




Kindness counts



Where to start: Calling out kind acts increases kids' capacity for empathy and kindness. Start with a conversation about a kind behavior you've noticed, experienced, or performed this week. Who was the recipient? What made it an especially nice thing to do?

Prompt: Write about something kind that you or someone in your family did for another person this week.

How to go deeper: Keep a "kindness spotting" journal. Every evening, write down one kind thing you did, or noticed, or that someone did for you. In one week, read it, and see how it makes you feel! (Use the back of this page to write.)