

CharacterPlus®

"character goes the distance"

THE CHARACTER SERIES



kind·ness

noun. The quality of being friendly, generous, and considerate.

Simply put, kindness is being nice to others. As you examine kindness further, a number of important dimensions begin to unfold. Kindness is being generous with others, giving your time, money, and talent to support those who are in need. Kindness is being compassionate, which means to really be there for someone, listening intently to their suffering or just sitting with them and silently supporting them. Such compassion involves a deep concern for the welfare of others. -*VIA Institute for Character*



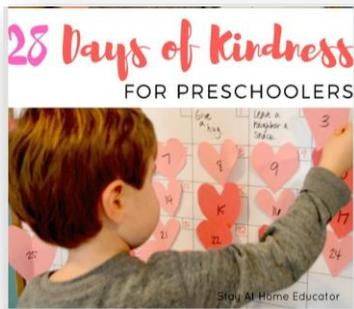
ACTIVITIES

We would love to see how you do these with your family!

Tag us on Facebook or Twitter @characterplus

FOLLOW THE KINDNESS GUY (Middle School-Adult)

We know most kids and adults are watching a lot more on TV than usual. Why not use that time to learn more about kindness and hopefully inspire your kids to want to show it? One place to start is [The Kindness Diaries](#) (season 2 is on Netflix and Amazon), which follows Leon Logothetis, "The Kindness Guy," as he travels the world, relying only on the kindness of strangers. (You can also follow him on [Instagram](#) for daily inspiration!). Perfect to watch and discuss as a family!



KINDNESS CALENDAR (Early Childhood)

This activity incorporates an excellent character goal with lots of early childhood curricular goals: using a calendar, demonstrating pro-social behavior, fine motor skills, the list goes on! Make a large paper calendar, then choose to help them do one kind act every day. Write that kind act on a small heart, and cover the date on the calendar with the heart. [Stay at Home Educator](#) has a complete outline of this activity as well as a list of 30 age-appropriate activities!

JOIN THE GLOBAL KINDNESS MOVEMENT (ALL AGES)

This simple, beautiful project offers several ways to participate. One is very easy: [go to the KindSpring website](#), and let them know about a kind act you've done, and you'll be contributing to the global kindness tally! Or, you can choose to play the Pay It Forward game or read about others' kind deeds.

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WRITE A LETTER TO FRIENDS OR FAMILY! (ALL AGES)

Don't underestimate the power of a handwritten letter! Getting a piece of personal mail offers a sense of connection, and the receiver of your kindness will enjoy that you took the time to make their day! Who in your life would enjoy receiving a note? Help your littlest ones make a cute picture, or your older ones brainstorm ideas for what to write about. And remember: letters don't have to be long to be meaningful!

SHOW KINDNESS TO ESSENTIAL WORKERS! (ALL AGES)

Just like the letter or card to friends or family, essential workers would love to see your kindness and appreciation expressed to them. Make a card, write a simple letter of thanks to hospital staff, first responders, delivery drivers, grocery workers, or your neighborhood sanitation crew.

ANIMAL ART + KINDNESS ACTIVITIES (Early Childhood-Elementary)

Several ideas in one here!

1. Take a walk in your neighborhood or a nearby park, and gather sticks, leaves, pine cones and the like. Use what you find to make a picture of an animal, and discuss ways to show kindness to animals. Or, put a ring of masking tape around your wrist to collect small, pretty leaves and flowers that have blown down out of trees, and talk about ways to be kind to the earth!
2. How can you care for animals that live in your neighborhood? One suggestion is to make a homemade birdfeeder ([ideas here](#)).
3. Watch this [cute, quick story](#) about a baby owl being rescued by volunteers!
4. Another way to show kindness to animals is through rescue organizations. If you're spending some of your time at home cleaning out closets, put any extra blankets or towels in a bag or box for donation to a rescue organization after stay-at-home restrictions are lifted (most are currently not accepting drop-off donations). You may also choose to show kindness toward animals by donating to organizations caring for abandoned animals during the pandemic. The [ASPCA donation page gives specific examples](#) of how they're helping animals, and what your donation could do.



RESOURCES

[RandomActsOfKindness.org](#) is FULL of great ideas!

Improve your family's health by being kind! [5 Ways to Make Kindness a Family Activity](#)
[10 Awesome Kindness Quotes for Kids to Memorize](#)

So many early childhood/early elementary kindness videos are available on YouTube!

[Tori Kelly on Sesame Street](#)

[Kindness is a Muscle](#)

[Color Your World with Kindness](#)

[3-Minute Short Film: Joy and Heron](#)



a world where positive character is universal

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