

Community Caring

KINDNESS AT HOME™
ACT • Week 4 • RESPECT

Lesson Timeframe

20 min set up

10-20 min daily activity

Materials

- Community Caring Flyer (print the page below) or ideas written on paper



ACT

We have spent this entire month focusing on what caring is and how we can increase caring, both for ourselves and within our home. Now it's time to act on what we've learned! This week the goal is to look beyond our home and care for our community. Remember, **Caring is feeling and showing respect for others.** How we treat and interact with our community as a family says a great deal about how much we care. This week our project focuses on personally interacting with our immediate community (neighborhood, town, etc.) through caring acts. The following page is a simple flyer that both reminds our family about the importance of caring for the community as well as providing tangible actions we can do to care for others as a family.

PREP:

Take time together to print the flyer and brainstorm the following:

- What immediate needs does our community have?
- How can we as a family care for our community using what we already have (time, talents, etc.)?
- How much time can we dedicate to this each day?
- At what time during our day are we all (or as many of us as possible) together to complete caring acts?
- How can family members that aren't physically present still participate? (make a poster, email neighbors, share things on a community neighborhood social media page, etc.)

PROJECT:

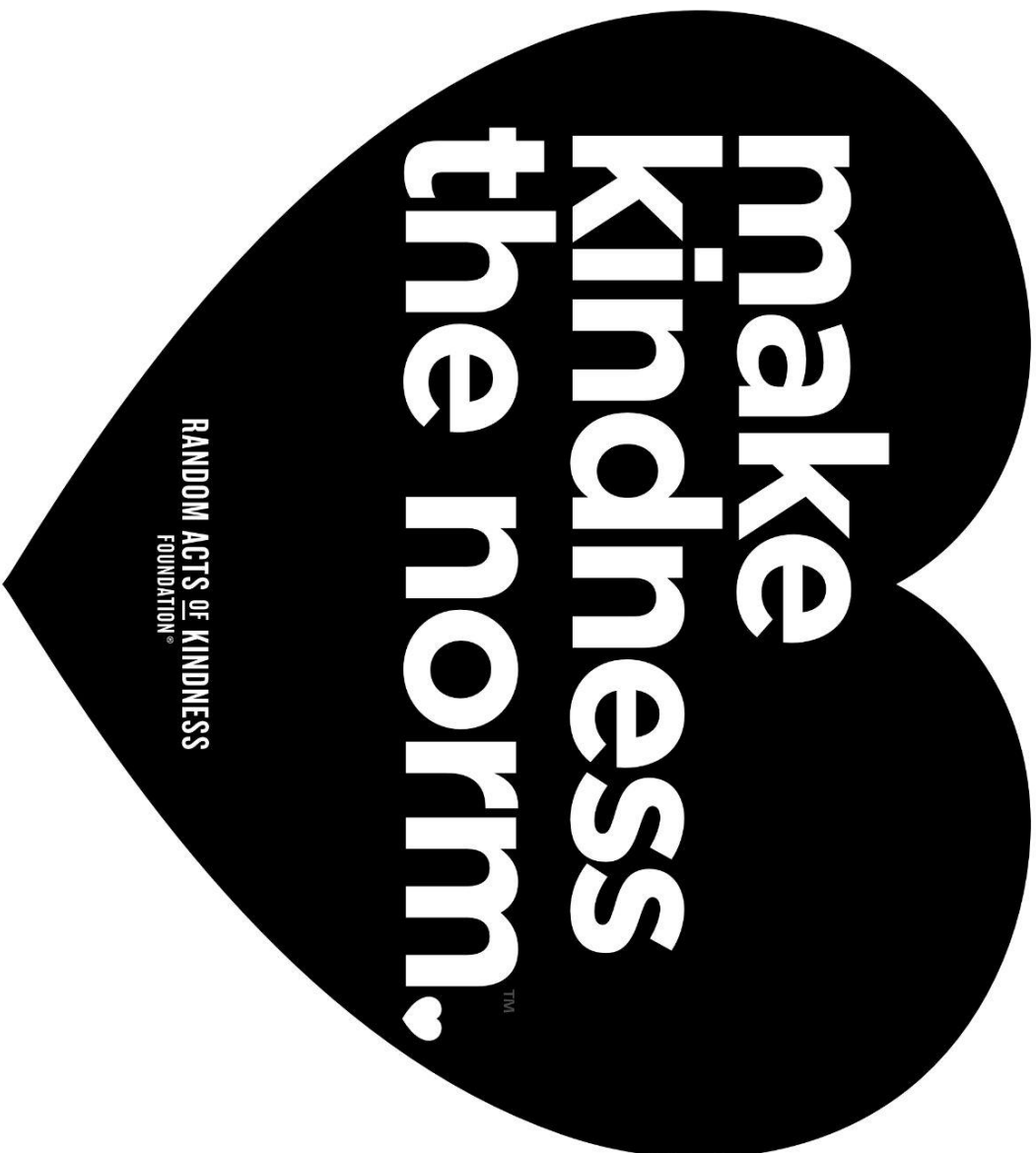
As a group, decide the following:

- A good time each day to complete the caring act
- The amount of time your family can honestly dedicate daily to community caring acts.
- HOW each person in your household will participate.
 - This is super important! Not everyone may be able to be physically present, but they CAN still participate. This might mean they write, draw, take pictures, or call people. Everyone should be included in some fashion.



Level Up!

Want to take your Community Caring to the next level? Connect with a specific family or household in your neighborhood that seems isolated or in need. Work with them to provide positive, caring interactions that help them feel more connected! One simple example is to share a snack or meal and a conversation!



Make kindness the norm[™] in your community.

Clean up your neighborhood					
Bring a meal to a neighbor					
Help someone in need					
Leave a kind note on 3 doorsteps					