

What Would You Do?

KINDNESS AT HOME™
EMPOWER • Week 3 • CARING

Lesson Timeframe

15-20 mins

Materials

- ☐ Journals



Empower

Last week we talked about the importance of caring for ourselves before we can genuinely care for others. Now that you have examined your self-care, how can you care for others with an equal level of kindness? Sometimes we may find it easier to care for people OUTSIDE our home, such as our teachers and our bosses. However, caring for others needs to start IN the home first. This week, look at how you treat those in your home. How do your actions demonstrate a caring attitude? Are you helpful, compassionate, and understanding? Do you make an effort to try and understand their perspective? Remember, **Caring is feeling and showing concern for others.** This week, use what we have learned thus far to care for the members of your household through both your words and actions. Help out when you can, genuinely listen when others talk, and try to put yourself in their shoes when they are struggling.



Discussion Starter

Using the following questions, guide a conversation around caring, helpfulness, compassion, and empathy.

- Your sibling tried out for a sports team but did not get selected for the team. They feel really sad. *What would you do?*
- Your parent/guardian is going for a job interview and is really nervous. *What would you do?*
- Your grandmother is getting older and has said that she is having a hard time doing chores around her house. You and your family visit every Saturday morning for coffee and donuts. *What would you do?*



Journal Prompt

It's very important to be aware of others needs and feelings to promote a kind home environment. In your journal, choose one of the following to help you grow and/or reflect on this topic.

- **DRAW:** Draw pictures of new ways to care for others in your household.
- **DO:** Do someone else's chore this week without being told or telling them that you are going to do it.
- **WRITE:** For whom in your household do you need to make a conscious choice to care? How can you improve your efforts in doing so?



Kindness Hack

The people in your home need encouragement and kind words just as much as you. You cannot truly care for someone if you do not take the time to understand them. If you are ready to go the extra mile, try this:

- Ask questions of each other and try to learn one new thing a day about someone in your household. We can show others we care about them by taking an interest in them!
- If time allows, reflect on your interaction in your journal.

