

KINDNESS AT HOME

Parent & Guardian Guide



FILLING OUR **HOME** WITH **KINDNESS**

Welcome to the **Kindness at Home** program! We are so glad you're joining us! At the Random Acts of Kindness Foundation, we believe kindness starts with one, and there is no "one" better than *you* - the parent or guardian to the kids in your family - to start a kindness revolution at home. You have the power to set a kind tone for your entire household. What you do matters, and we are here to help. There's never been a better time to infuse more kindness at home!

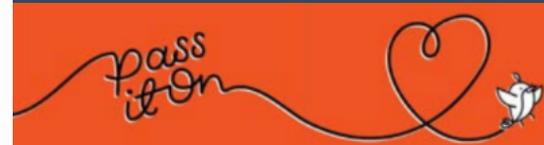
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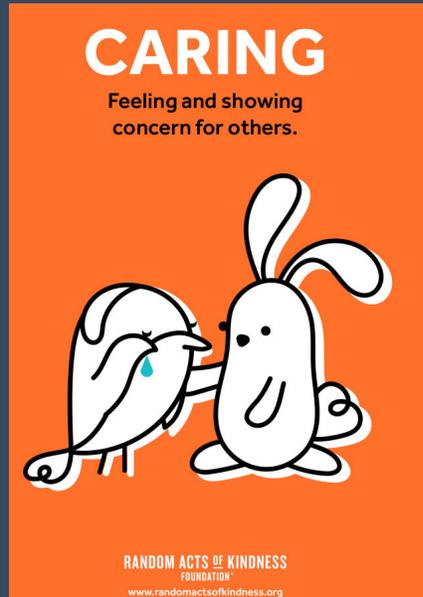


On the next page are the six kindness concepts on which the full program is based.

Kindness Concepts



Respect: Treating people, places, and things with kindness



Caring: Feeling and showing concern for others



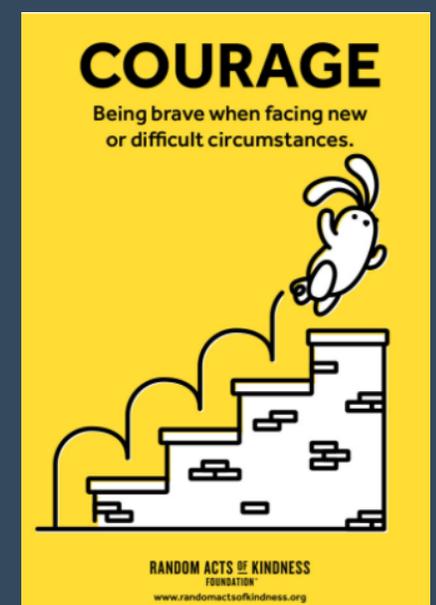
Integrity: Acting in ways you know to be right and kind in all situations



Inclusiveness: Including others, inviting them in, and welcoming them with open arms



Responsibility: Being reliable to do the things that are expected or required of you



Courage: Being brave when facing new or difficult circumstances

What to Expect

This program is designed to give you easy, practical ways to embed kindness activities and language into your everyday life.

With **Kindness at Home**, you'll get

- quick, convenient kindness activities for families of all ages,
- discussion topics, and
- journal prompts emailed right to you.

Each month covers a different kindness concept and offers more detailed activities and a final concept project - beyond the emails - to help you bring your family together through kindness.

There is also a **concept newsletter** you'll get each month via email that offers an introduction to the concept, discussions and journals to get you started, and a calendar of kindness concept activities you can do as a family.



Getting Started

Getting started is easy! Follow these steps:

1. Go to <https://www.randomactsofkindness.org/>
2. Click "For Educators"
3. Click "Kindness at Home"
4. Sign up with your email to get weekly emails and access to the materials just when you need them; or, you can access the full program right away without signing up.
5. Enjoy more kindness at home!



**RANDOM ACTS
OF KINDNESS**
FOUNDATION