

# KINDNESS AT HOME

*This month's focus: **CARING***



## FILLING OUR **HOME** WITH **CARING**

According to the Random Acts of Kindness Foundation, **CARING** means feeling and showing concern for others. This month, we are going to focus on having more caring in our families. We will discuss the importance of caring for ourselves as well as for others *and* for the spaces around us. We'll also explore caring through the lenses of compassion, gratitude, helpfulness, and empathy. This will be a great opportunity for you and your family to discover new ways to care for yourselves and for each other.

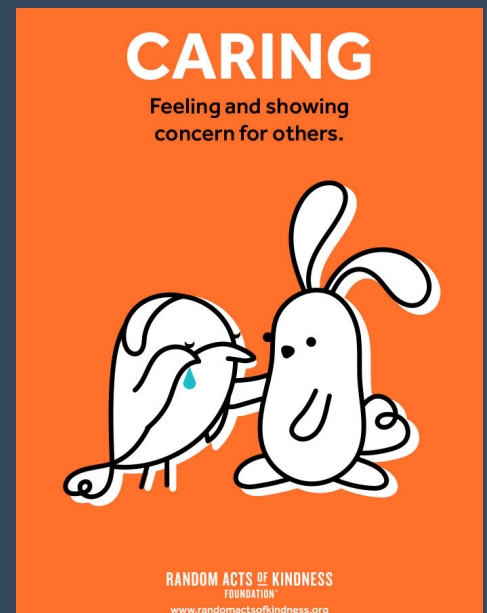
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# Showing Caring

Let's chat about Caring now! We are excited you are here with us! This month we are talking about **caring** and what that means for us at home and in our families.

The first thing to discuss as a family is the definition of **caring**. What does it mean to care for someone or something?

Next, talk about how you show **caring** in your family; remember that before you can care for others, you need to care for *yourself*. What are some things you each do to care for yourself? Try to list at least five things! If you can't do that, then consider what you might add to that list this month!

Here are some you might think about:

- Read just for fun.
- Spend at least five minutes every morning in stillness - could be in prayer, meditation, breathing exercises, stretching, etc. For younger kids, five minutes of quiet nursery rhymes, looking at a picture book, or doing their own form of deep breathing is great!
- Write down something you are grateful for every day.
- Laugh about something every day.
- Move your body.
- Compliment yourself!



# Talking about Caring

## Discussions & Journals

Because it is important that you talk openly about **caring** -- what it means to you, what it means for your family, and how you show it to yourself, to each other, and to your broader community -- you will receive weekly discussion and journal prompts to help start these conversations. This is a great way to think more about caring and how to practice it. Get started this week with the following questions:



**Discussion:** Have everyone take turns saying one thing that makes them feel cared for at home.

**Journal (older):** How does your family define caring? How does it compare to the RAK definition?

**Journal (younger):** Draw a picture of yourself taking care of yourself (like brushing your teeth), taking care of others at home (like feeding a pet), or taking care of your home (like cleaning your room). How do you feel when you help out?



"Without a sense of caring, there can be no sense of community."

~Anthony J. D'Angelo

# Caring

Here are some things you can do this month to practice caring.

What else can you and your family do?

What Random Acts of **Caring** will you do today?

SUN	MON	TUE	WED	THU	FRI	SAT
	Read something just for fun - or read something that makes you laugh.			Ask someone how they are doing and truly listen to the answer.		
Schedule time this week to do something that you enjoy, just because.		Make your bed and keep your room clean this week; take care of your things.			Offer to help a sibling do a difficult or unpleasant task or job.	
	Spend time in quiet stillness; try to focus on your breath.		Move your body - either on your own or as a family. Even a walk around the block is good!			Volunteer with an organization that cares for people, animals, or nature in your area.
		Spend time cleaning up around your house or your neighborhood.		Give a family member your undivided attention - play a game, have a conversation, or do a job together.		
Send a family member or friend a letter or email, checking in on them.						



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