Kindness CLOSURE

Family Connection

PurposeFULL People

A Year of Purpose!

What a PurposeFull year it's been! Let's take a look at all we have learned this year.

BE KIND

- We have grown in **Respect**, **Empathy**, and **Cooperation.**
- We have learned strategies for resolving conflict.
- We have built stronger connections.

BE STRONG

- We have grown in **Responsibility**, **Perseverance**, and **Courage.**
- We have learned focus strategies and goal-setting.
- We have tried new things!

BE WELL

- We have grown in **Gratitude**, **Honesty**, and **Creativity.**
- We have learned how to name our emotions.
- We have practiced emotion regulation strategies.

Summer Kindness

Let's keep growing over the summer! How can you keep showing Kindness while school is out? Here are some ideas:

- **Kindness at home:** Challenge siblings to do 1 Kind act for each other each day. Small acts of Kindness go a long way and daily attention to Kindness helps form lasting habits! To help keep it going, set aside a regular time for siblings to share and celebrate what their Kind act was that day.
- **Kindness toward neighbors:** Get to know your neighbors or welcome new neighbors with an outdoor gathering! Invite families to bring lawn chairs and a snack to share and build community with your neighbors.
- **Kindness in action**: Be on the lookout for ways to show others you care. Facetime a relative who lives far away, make a card for a grandparent, or help a neighbor with a need.

Conversation Starters

- What is 1 way you have shown Kindness today?
- How do you think we can practice more Kindness as a family?
- Which character trait was your favorite to learn about or practice this year?

