

FAMILY DISCUSSION GUIDE

THINKING ABOUT OTHERS

Everyday Ways Kids Can Show They Care

Kindness is a set of small actions that make a big difference.



LET'S TALK ABOUT IT

- 1 What does "showing you care" mean to you?
- 2 Can you think of a time someone showed you they cared? What did they do?
- 3 What are some small ways you can show others you care?
- 4 How does it feel when someone is kind to you?
- 5 How can we notice when someone around us might need help or comfort?

KINDNESS IDEAS

- Share something.
- Help someone.
- Say something nice.
- Include someone.
- Comfort someone.

THINK TOGETHER

Caring is a feeling. Showing you care is something you do.

Small kind things, done often, make a big difference.

SCENARIOS: WHAT COULD YOU DO?

1 You see a classmate sitting alone at lunch.



- ♥ Invite them to sit with you.
- ♥ Pretend you don't see.
- ♥ Ask someone to help.

2 Your sibling is having a hard day.



- ♥ Cheer them up.
- ♥ Give them space.
- ♥ Ask if they need a hug or help.

3 You notice someone dropped their books.



- ♥ Help pick them up.
- ♥ Keep walking.
- ♥ Laugh with your friends.

4 A new student joins your class.



- ♥ Welcome them.
- ♥ Wait to see.
- ♥ Ignore them.

KINDNESS IN OUR FAMILY

How can we make kindness a normal part of our day?

- ♥ _____
- ♥ _____
- ♥ _____

REFLECTION TIME

What is one kind thing you did this week?

How did it make the other person feel?

How did it make you feel?

FAMILY CHALLENGE

This week, let's each do one kind act every day. At dinner, we'll share what we did!



DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology

Understanding minds.

Strengthening connections.