Kimochis®

building a school-to-home connection

# HOMELINKS WEEK 11

# Kind Feeling

This week, your child learned about kindness and the Kimochis® *kotowaza*—or Japanese proverb—that accompanies this feeling. **"Take the time to be kind"** is this week's *kotowaza* to encourage kindness. This *kotowaza* inspires people to say and do kind things. Research has shown that there is a close association between kindness and happiness. Kind people experience more happiness and have happier memories.[1] Kindness also helps children make and keep friends. Kindness builds patience and tolerance because we can learn to think kind thoughts when others make mistakes or hurt feelings.

This week, we talked about how children can use their eyes and ears to look for opportunities to be kind. For example, a child might see that a teacher has dropped something and pick it up without being asked. **Your child learned two new communication habits: "Say it" and "Do it."**

**See reverse for ways your entire family can learn from this week's lesson!**

1 Otake, K., S. Shimai, J. Tanaka-Matsumi, K. Otsui, and B. Frederickson. 2006. "Happy People Become Happier Through Kindness: A Counting Kindnesses Intervention." Journal of Happiness Studies 7(3): 361–375.

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## Common Language

**"Say it":** If you think of something kind to say, say it!
**"Do it":** If you think of something kind to do, do it!

## Coach Kindness During Daily Activities

- Acknowledge kind words and actions that do not come naturally or easily for your child. For example, *"I admire how you were kind and let your baby brother go first. It's hard for him to wait because he's so little."*
- Admire people who are kind: *"It is so nice to be around Aunt Florence. She always notices when I need help."* Ask your child to think of someone who is kind. Ask them to share their observations about this kind person and how their kindness makes them feel.
- Notice kindness in the world: *"That was kind of that driver to let me go in front of him."*

## Family Fun: Playful Ways to Practice

- **THANKS AGAIN.** As a family, talk about people you appreciate who have been kind to you recently or in the past. Make a point to call or send this person a note. Help your child make a call or send a note or picture. Appreciating kindness creates and sustains positive connections!
- **SECRET KINDNESS.** Choose a week for your family to do acts of kindness that are kept secret. This is when you do something for the world or others and don't tell anyone except your family. For example, pick up litter, bring in a neighbor's garbage cans, leave a flower for someone, talk with someone who looks lonely. When discussing your secret acts of kindness, take the time to share how being kind made you feel. This activity just might become a tradition. Traditions are known to create strong family bonds and connections.
- **BE KIND.** Decide as a family to sprinkle kindness everywhere and on everyone. At dinner or in the car, share how being kind makes you feel. Talk about what happens as a result of kindness. Do you see a kindness ripple? A kindness ripple is when one act of kindness inspires an act of kindness by the next person.

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