



# Kindness Curriculum: Families

## What's inside?

The following packet contains seven impactful activities tailored for families of elementary aged children that will help you build on your child's social emotional intelligence.

Children mimic those that they love. If you want your values to resonate with your children more so than the messages they get from television, the internet, or advertising, then this resource is for you. We have curated a packet of the best activities, to be completed as a family, dealing with important topics such as feelings, respect, conflict resolution, self control, kindness, friendship, and warmth. One lesson a day for a week! Enough to get in the habit of a family meeting. We hope in using these resources you feel confident and able to strengthen relationships between you and your children.

# FEELINGS AND MOODS



When we talk about our feelings, it helps us understand ourselves and each other. Please complete the assignment, sign, and return to the school contact.

Note: each of your children need their own page

**Instructions:** List your and your child's responses to what makes you feel:

## HAPPY/PLEASSED

You:

Your child:

## SAD/DISENCOURAGED

You:

Your child:

## IRRITATED/ANNOYED

You:

Your child:

## CALM/SECURE

You:

Your child:

**Signatures:** \_\_\_\_\_

# RESPECT



It is important to respect ourselves, our family, our school, and our home environment. Please complete the assignment, sign, and return to the school contact.

**Instructions:** Write down a few good ways to show respect for:

## 1. Yourself

---

---

---

## 2. Family

---

---

---

## 3. School

---

---

---

## 4. Home

---

---

---

**Signatures:** \_\_\_\_\_

# CONFLICT RESOLUTION



If we learn at a young age that conflicts can be resolved, then we will be more prepared to cope with our problems as adults. Every home should have a special place where the family can come and sit down together and think about ways to solve problems. There, everyone must agree to be a good listener, to be honest, and to try to cooperate. Please complete the assignment, sign, and return to your school contact.

**Instructions:** Choose a problem solving place in your home. Write down or draw where that is.

**Signatures:** \_\_\_\_\_

# SELF-CONTROL



Everybody feels angry sometimes. What we do with our angry feelings is very important. Please complete the assignment, sign, and return to your school contact.

**Instructions:** Together with your child, circle the things we can do when we're angry, and cross out the things we shouldn't do when we're angry.

**Talk about how you feel**

**Go to another room**

**Hit Someone**

**Throw things**

**Count to ten**

**Take a bath**

**Breathe deeply**

**Call someone names**

**Other:**

**Other:**

Signatures: \_\_\_\_\_

# KINDNESS



A child's understand of love can be built on healthy adult relationships he or she observes. Please complete the assignment, sign, and return to your school contact.

**Instructions:** Together with your child, commit an act of kindness by helping someone else. In the space provided, write down what you did.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Signatures:** \_\_\_\_\_

# FRIENDSHIP



Friends help and listen to each other. They trust and respect each other and have fun together. Please complete the assignment, sign, and return to your school contact,

**Instructions:** Ask your child for the name(s) of their friend(s) at school, and write them here.

---

---

---

---

---

---

Write down a couple reasons why your child considers this individual/these individuals friends:

---

---

---

---

---

---

**Signatures:** \_\_\_\_\_



# WARMTH



Showing warmth and gentleness is a way to show your child that you love them, and they love you. Please complete the assignment, sign, and return to the school contact.

**Instructions:** Children agree to hug their parents/caregivers at least once a day for the next week. And parents/caregivers agree to hug their children at least once a day for the next week.

Signatures: \_\_\_\_\_