

# Spark the Heart

Be friendly and compassionate.

This month we are challenging your student to be kind to others, even when it's hard. **We are partnering with you to help your child grow in kindness.** Most children learn new behaviors by copying those around them; we have a powerful opportunity and responsibility to teach kindness by example. This month, model kindness and empower your children to show compassion to those around them with these activities.



## 1 Engage: Self-Love Letter

Carve out ten minutes and challenge your family to write themselves a love letter. Follow these simple steps: 1.) Kick it off with "Dear Me," and don't stop writing until the timer goes off. 2.) Tell yourself how amazing you are and list some of your positive qualities. Younger children may need some help with writing or thinking. They may want to draw a picture instead. 3.) Share your letters as a family when you finish. Be sure to affirm each other as you share.



## 2 Empower: Affirmation Boxes

Have each family member make and decorate their own "Affirmation Box" or bag to display in a central location in your home this month. At least three times a week, write a family member an affirmation and place it in their box. On the last day of the month, ask everyone to read their affirmations and feel the love!



## 3 Excel: Intentional Act of Kindness

As a family, make a list of 25 random acts of kindness you can accomplish this month. Then, make a plan for how you'll do each act. At the end of the month, reflect and celebrate. Encourage your child to share how it made them feel completing these random acts of kindness.

### Conversation Starters

♥ Why do you think it's important to be kind to others? To yourself?

♥ Describe a time when someone was kind to you. How did it make you feel?

♥ What is something kind you have done for someone else? How did it make you feel?