

30 Ways to Teach Kids Kindness

Show Them Kindness

1. *Share the last cookie*
2. *Add a piece of candy or treat in their lunchbox.*
3. *Mention to others how your child did something great (make sure your child can hear you say it)*
4. *Say "I really appreciate it when you...."*
5. *Share three reasons why you love them.*
6. *Make their bed and leave a note "made with love by Mom".*
7. *Surprise them with something they've always wanted.*
8. *Hug them and tell them that they are a great kid*
9. *Make their favorite meal just because you wanted to do something nice.*
10. *Hide little notes with compliments around their room.*
11. *Buy them a t-shirt that you know they'll love.*
12. *Draw a picture for your child.*
13. *Notice something good about your child and tell them what it is*
14. *Help your child with their chores.*
15. *Leave a kind note in their lunchbox or next to their plate at the table.*

Be Kind To Others

1. *Give to the homeless on the street corner.*
2. *Leave quarters taped to parking meters for strangers to use.*
3. *Donate clothing and other household goods*
4. *Give to the food bank.*
5. *Make a meal for someone who's sick.*
6. *Take your kids with you to volunteer in the community.*
7. *Make cookies with your child for his teacher, just because.*
8. *Give compliments to friends and strangers.*
9. *Pay for the coffee/meal of the person behind you in the drive thru.*
10. *Hold the door for strangers.*
11. *Take coffee/treats to a friend.*
12. *Help a stranger who's dropped something*
13. *Let someone go ahead of you in line, just because.*
14. *Take treats to community helpers, like firemen and police officers.*
15. *Treat your server at restaurants with respect and kindness and leave a big tip.*