

KINDNESS Tips and Tools



Easy for parents, Good for kids

Tips and Tools to help busy parents raise happy, successful kids - in 10 minutes a day.



How KINDNESS leads to Happiness and Success

We often underestimate the power of kindness. A compassionate hug, a happy smile, an understanding look, an appreciative thank-you, or a genuine compliment. We never know when someone is hanging on by a thread and one simple act of kindness has the potential to turn a life around. Making a difference in someone else's day gives us a sense of value, of having contributed something good to the world.

Research shows that kind people are happier. Being kind makes us feel good about ourselves, as well as more connected to other people in positive, rather than negative, ways. Connected people are happier, healthier and generally more successful in life. People who are kind to others are usually kind to themselves as well. Those who are critical, judgmental, selfish and mean, tend to treat themselves just as badly - which is a sure path to an unhappy and unsuccessful life.

Self-love and self-compassion are, in a sense, prerequisites for loving kindness towards others, which is why being kind to ourselves is just as important as being kind to others.

Mindsets for Happiness and Success

KINDNESS
Be that somebody that makes everyone else feel like a somebody.

How to talk to kids about KINDNESS

According to decades of research, the single most important thing you can do for your children's success and well-being is to share meals together and talk. Talk about what's really important. February is the perfect time to talk about loving kindness. The digital LET'S TALK ABOUT LIFE conversation starters include thirty days of questions designed to help you and your kids explore at least ten different categories of ways we can show kindness. Being friendly, respectful, compassionate, forgiving, inclusive, thoughtful, honest, a good listener, accepting, and more. Everyone is encouraged to try a new kind of kindness each day, and report back what they experienced.

[Download LET'S TALK - Kindness](#)

TWICE as NICE DICE

Relationships need more positive interactions than negative ones to stay strong and loving. If you've been unkind or disrespectful - even if you didn't mean to be - the best way to make up for it is to do something "Twice as Nice" for that other person.

Throw the dice and then do two things from the list that match the two numbers that turn up on top, such as "Give 4 big hugs" or "Say 6 good things."

Not only is this a great life lesson for your children to learn, but the over-sized dice are whimsical and help distract children from their overwhelming emotions until they've had a chance to calm down.

[Download TWICE as NICE](#)



The HAPPYHOME ELVES and the Key to Kindness

Each of the HAPPYHOME ELVES comes with a bed-time story by an award-winning author, an antique key, 50 tokens to reward good behavior, and 30 cards telling children what they can do to earn the Key of Resilience, Kindness, Positive Thinking, Gratitude, Responsibility, Courage, Mindfulness, Empathy, Purpose, Generosity or Respect.



The HAPPYHOME ELVES pop up around the house (one per month), holding prompt cards for children, who love the magic and mystery of it all. Kids are excited to wake up each morning and see what message the ELF has brought, and end up doing more for their friendly ELF than they would for their parents. Parents learn how to parent like an expert without reading a single book. The prompt cards teach them what to say to their kids, and what activities to encourage that will help them develop the mindsets and habits that lead to happiness and success.

[See all 12 ELVES](#)

The 3-IN-1 FAMILY FUN Activities for Kindness

The three most important things happy families do is (1) sit down to meals and talk about what's important, (2) have fun together - without technology, and (3) celebrate family life with rituals and traditions that create memories and build strong family ties. 3-IN-1 FAMILY FUN ideas have been developed to deliver all those benefits in one simple activity.

Our most cherished childhood memories usually revolve around the holiday traditions we celebrate as a family. The fact that we repeat these traditions over and over again is one reason why they stick with us, but it's also because they involve so many of our senses; festive decor, yummy food, fun activities, and relaxed time with people we love. If you want your children to remember important life lessons, the easiest, and most effective, way is to weave them into holiday traditions and family rituals. That's what 3-IN-1 FAMILY FUN is all about. Below are three activities/tradition ideas for the month of February, all about Loving Kindness.



Hearts of Loving Kindness

February is a great time of the year to teach children the value of loving kindness. Decorate a clear jar with a big red ribbon. Print as many heart cards as you need. Then cut them, fold them, and place them all inside your jar.

Tell your children that every time you see (or hear about) someone doing something kind for someone else, you will write their name - and what they did - on one of the "Hearts of Loving Kindness," and string it up on a ribbon for all to see; the kitchen, the family room, or perhaps the entryway. The more hearts your kids see dangling, the more they will want to add to the festive display. At the end of February, make a special dinner to celebrate kindness as everyone takes turns reading the Hearts of Loving Kindness cards.



My Secret Valentine

This is a great way to teach kids that "things" aren't the only gifts you can give. Print, cut and fold enough My Secret Valentine Boxes for everyone in the family. Write one name inside each box. Pull up all four flaps and tie with a ribbon. You might want to include a little sweet treat inside. Near the beginning of the month, each member of the family picks a box, keeping the name a secret.

For the days leading up to Valentine's Day, everyone does something nice each day for their Secret Valentine, without revealing their identity. While Mom's in the shower, her bed gets made. While Sarah is studying, a sweet note with a treat is slipped under her pillow. During a special Valentine's Day dinner, everyone tries to guess the name of their Secret Valentine.



5 Things I Love About You

Help your children make a memorable and loving Valentine's Day gift for a sibling, a parent, a grandparent, or a teacher. The kindest gift you can give someone is to tell them why you love, admire, or appreciate them.

Write five things you love about the recipient in the space provided, add a photograph on top of the heart if you like, and feel free to help the little ones that are too young to write. Then leave this precious gift where it's sure to be found; in a favorite coffee mug, taped to the bathroom mirror, under a pillow, or inside the book on the bedside table.

[See what you get for only \\$6](#)