

Mindsets for Happiness and Success



KINDNESS

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

Let's TALK about LIFE

The single most important thing we can do for our children is talk to them about life. At dinner, at breakfast, eating burgers in the car, or sipping hot cocoa before bed. Decades of research has shown that children who eat 3 to 4 times a week with their parents are 3 times less likely to get involved with drugs, alcohol, or smoking. They do better in school, have higher self-esteem, and stronger relationships with their parents. With the little time busy parents have, we might as well talk about what's important. All it takes is 10 minutes a day.

LET'S TALK conversation starters have been strategically designed in a specific sequence to help children (and parents) learn the

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twelve most important mindsets that lead to happiness and success. They are based on decades of research and the literature from hundreds of experts who study happiness and success. In the same way that we learn to walk, play a musical instrument, speak a new language, or dance the salsa, we also build mindsets through repetition. By repeating new, similar thought patterns over and over again during a 30-day period, we actually rewire certain ways of thinking into our brains. Eventually it becomes a habit that we continue without any effort. LET'S TALK is designed for ages five and up. Feel free to adapt the questions to what you know your children are able to understand and can relate to.

KINDNESS Intro

We often confuse kindness with generosity, but they are two very different things. Generosity is about the physical act of giving your time, money, or resources to others. You can be generous without being kind, but kind people are always generous, and they are generous in many different ways. The best description for kindness is a "generosity of spirit." It's about giving from the heart. This month you and your children will explore 15 different ways to be kind.

Display the "We Show KINDNESS by..." list in a visible place in your home (such as the fridge or the family room) as a reference for all to see and think about.

Introduction for Parents

We show KINDNESS by...

1. Being Friendly
2. Being Forgiving
3. Being Inclusive
4. Being Appreciative
5. Being Thoughtful
6. Being Polite
7. Being Empathetic
8. Being Positive
9. Being Loyal
10. Being Respectful
11. Being Understanding
12. Being Accountable
13. Being Honest
14. Being Courageous
15. Being Mindful and Calm

Can you think of other ways
to be kind?

Being Friendly is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being friendly? An example: You are the new student who arrives at a school in the middle of the year. You're alone and don't know anyone.



Day 1

Being Friendly is Kind - 2

How could YOU show kindness by being more friendly? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 2

Being Forgiving is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being forgiving? An example: You said something mean and hurtful about a friend to others in the heat of the moment. You're sorry.



Day 3

Being Forgiving is Kind - 2

How could YOU show kindness by being more forgiving? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 4

Being Inclusive is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being inclusive? An example: You were in an accident and have a prosthetic leg. You want to feel accepted and included.



Day 5

Being Inclusive is Kind - 2

How could YOU show kindness by being more inclusive? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 6

Being Appreciative is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being appreciative? An example: You worked hard on a project for your teacher. It would be nice if she said, "Thanks, I love it!"



Day 7

Being Appreciative is Kind - 2

How could YOU show kindness by being more appreciative? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 8

Being Thoughtful is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being thoughtful? An example: You are cold, soaking wet, and shivering from the rain, waiting for your ride home, with no umbrella.



Day 9

Being Thoughtful is Kind - 2

How could YOU show kindness by being thoughtful? Think of situations at school, with friends, at extra-curricular activities, on errands, or at work (parents). Maybe getting rid of the monster your little sister is afraid of?



Day 10

Being Polite is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being polite? An example: Someone is in a hurry and rushes past you, knocking all your homework papers and books on the ground.



Day 11

Being Polite is Kind - 2

How could YOU show kindness by being more polite? Think of situations at school, with friends, at extra-curricular activities, on errands, or at work (parents). How about offering to share when eating in front of others .



Day 12

Being Empathetic is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being empathetic? An example: You practiced hard for weeks and did not make the cut for the play, the team, or the special dance group.



Day 13

Being Empathetic is Kind - 2

How could YOU show kindness by being more empathetic? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 14

Being Positive is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being positive? An example: You've had a bad day and could use some cheering up from someone who points out the good things.



Day 15

Being Positive is Kind - 2

How could YOU show kindness by being more positive? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 16

Being Loyal is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being loyal? The cool kids are making fun of you, and you hope that someone will stand up for you and put them in their place.



Day 17

Being Loyal is Kind - 2

How could YOU show kindness by being more loyal? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 18

Being Respectful is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being respectful? You grew up in a culture with different beliefs and customs. You hope others will respect what's important to you.



Day 19

Being Respectful is Kind - 2

How could YOU show kindness by being more respectful? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 20

Being Understanding is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being understanding? An example: You promised to help a friend with a school project, but then canceled due to a family obligation.



Day 21

Being Understanding is Kind - 2

How could YOU show kindness by being more understanding? Think of situations at school, with friends, at extra-curricular activities, on errands, or at work (parents). It often takes a lot of listening to really understand.



Day 22

Being Accountable is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being accountable? Your older brother promised to help you with a difficult chore but then decided to hang out with friends instead.



Day 23

Being Accountable is Kind - 2

How could YOU show kindness by being more accountable? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 24

Being Honest is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being honest? Some kids at school start passing around nasty rumors about you. You want a friend to tell you the truth about what they're saying.



Day 25

Being Honest is Kind - 2

How could YOU show kindness by being more honest? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 26

Being Courageous is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being courageous? An example: You're anxious about doing the first report in front of the class. Your friend offers to take your place.



Day 27

Being Courageous is Kind - 2

How could YOU show kindness by being more courageous? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 28

Being Mindful and Calm is Kind - 1

What kinds of situations would make you wish for someone to show kindness by being mindful, and calm? An example: Your friend thinks you did something you didn't do, and starts yelling at you before you can explain.



Day 29

Being Mindful and Calm is Kind - 2

How could YOU show kindness by being mindful or calm? Think of situations at school, with friends, at games or other extra-curricular activities, out and about on errands, or at work (parents).



Day 30