Dear Parent:

A caring person is considerate, kind, compassionate and generous. A caring person takes into account how decisions, words and actions are likely to affect other people. Remind your child that they have the power to brighten another person’s day through a simple act of kindness.

**Ideas to Do as a Family**

- Participate in a community service project with your child, which allows the family to show kindness towards others.
- As a family, discuss what you could do to show that you care about the environment, such as cleaning up a street, picking up trash, or starting a recycling program.
- As a family, identify things that you can do together to make a difference in someone else’s life.
- Catch your child being kind and acknowledge how important that behavior is. This is a simple opportunity to reinforce how important being kind is in your family.
- Watch a television program together and talk about the various ways in which the characters acted uncaring or caring towards one another.
- Remember that the best teaching tool is to always model the behavior you want your child to learn. You are a powerful role model for your child. If you are kind and helpful to other people that is what your child will learn from you.

Once a week at a family meal, have family members tell about one thing they enjoy about one person in their life.

When we do good things, our self-respect grows.
~ Abraham J. Heschel