FAMILY GUIDE · WORLD KINDNESS DAY: NOVEMBER 13

365give Family Kindness Kit

Ready to use all year

World Kindness Day is November 13, but kindness is worth practicing every day.

Research highlighted in the 2017 World Happiness Report shows how important childhood happiness is to lifelong well-being. One of the simplest ways to nurture happiness is through everyday acts of kindness.

The 365give Family Kindness Kit brings everyone together to practice kindness, build stronger connections and create positive impact.

What's inside

1 30 Days of Family Kindness

DAILY PRACTICE

Thirty simple activities families can do together at home or in their community. Start any day of the year.

2 You Make the World a Little Brighter Card

CONNECTION

Create a personal card for someone who makes a difference in your family's life.

3 Our Family Sky Full of Kindness

COLLECTIVE IMPACT

Every family member adds stars representing acts of kindness. Watch your family's impact grow together.

4 Family Kindness Reflection

LEARNING

Talk about your experiences, share how kindness made you feel and discover new ideas together.

How to use the kit

1 Choose.
Pick one activity or try them all.

2 Do.
Parents lead by example and invite everyone to participate.

3 Reflect.
Share your experiences and celebrate what you created together.

Family values & life skills

Empathy
Understanding others

Gratitude
Appreciating others

Connection
Building relationships

Responsibility
Caring for our world

Generosity
Giving without expecting

Happiness & Well-being
Feeling good by doing good

PARENT TIP

Our children learn more from what we do than what we say. When they see us practicing kindness, they learn to do the same. Lead by example, invite the whole family to join you, and discover how small acts of kindness can become lifelong habits.

365GIVE FAMILY KINDNESS KIT

30 Days of Family Kindness

Choose one small act of kindness each day. Do it together or take turns leading. Check the box when you're done!

01 ☐
As a family, thank someone who helps in your community.

02 ☐
Invite someone to join a family activity.

03 ☐
Take a family walk and pick up five pieces of litter.

04 ☐
Tell each family member one thing you appreciate about them.

05 ☐
Work together to tidy a shared space.

06 ☐
Smile and say hello to three people during a family outing.

07 ☐
Let someone else choose tonight's family activity.

08 ☐
Put your phones away and give each other your full attention.

09 ☐
Make a drawing or card for someone who needs encouragement.

10 ☐
Put out fresh water for the birds

11 ☐
Help a neighbour with a small task.

12 ☐
Each family member says something encouraging to another.

13 ☐
Turn off unused lights and talk about caring for our planet.

14 ☐
Invite someone to join a family conversation or activity.

15 ☐
Thank someone in your family for something specific.

16 ☐
Bring reusable water bottles on your next outing.

17 ☐
Help a family member finish a task.

18 ☐
Leave a cheerful note for someone to discover.

19 ☐
Pick up litter together at a local park.

20 ☐
Ask each other about your day and really listen.

21 ☐
Help care for a pet or learn how to support an animal in need.

22 ☐
Share something useful with someone who needs it.

23 ☐
Give someone a genuine compliment.

24 ☐
Help clean up after a family meal.

25 ☐
Use both sides of your paper when drawing or writing.

26 ☐
Hold the door for someone while you're out together.

27 ☐
Offer to help a neighbour or family friend.

28 ☐
Thank someone who helps keep your community running.

29 ☐
Welcome someone new into a conversation or activity.

30 ☐
Share one thing you've learned from someone in your family.

YOUR OWN FAMILY KINDNESS IDEA: _____ ☐

365GIVE FAMILY KINDNESS KIT

Family Kindness Card

Print on one side. Cut, fold and give.

FAMILY INSTRUCTIONS Choose someone who makes your family's world brighter. Create a personal message together, decorate the card and give it to them. You can also make your own card individually.

This card is from: ☐ **Our whole family** ☐ **Just me**

✂ CUT ON THE DASHED LINE

FOLD HERE

BACK

365give.ca

FRONT

1 Cut

Cut around the outside dashed line.

2 Fold

Fold in half on the fold line, with the printing on the outside.

3 Write

Open your card and write your message on the blank inside.

4 Give

Colour the stars, then give your card to someone special.

365GIVE FAMILY KINDNESS KIT

Our Family Sky Full of Kindness

Four Stars. Four Acts of Kindness. One Family Making a Difference.

INSTRUCTIONS Every time someone in your family completes an act of kindness, write it inside a star. Colour and cut out your stars. Add them to a shared family sky on your refrigerator, wall or window. Keep adding stars as your family practices kindness together!

FAMILY TIP Create your family sky using a piece of paper or a space on your refrigerator. Everyone contributes, no matter their age. Watch how your small actions add up!

365GIVE FAMILY KINDNESS KIT

Family Kindness Reflection

Let's Talk About Kindness! Take a few minutes together to reflect on your family's experiences.

1 **What was your favourite act of kindness from the calendar?**

2 **Who received your kindness card? How did they respond?**

Name of person: _____

How did they respond? Circle one.

Very happy

Happy

Upset

Sad

3 **How many stars did your family add to your Kindness Sky?**

4 **What are three kindness ideas you learned from each other that you'd like to try?**

1. _____ **2.** _____ **3.** _____

5 **How did being kind make you feel?**

Circle one.

Proud

Happy

Upset

Sad

Keep the kindness going

What's one small act of kindness your family wants to practice tomorrow?

_____

Small acts of kindness can make a world of difference.