

A Note from



Hi, Family Friends!




We are so happy to provide you with an easy-to-use resource to build your home full of kindhearted people! The core value you will be working on is KINDNESS. Two by Two's mascot for KINDNESS is a puppy named Odakotah (Oh-dah-coat-ah). His name comes from a Native American word that means "friendship." Native Americans thought dogs were noble, faithful, loyal, protective, and very KIND. In fact, Odakotah likes to remind us that...



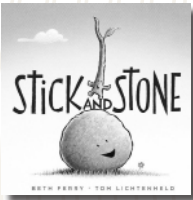
KINDNESS

KINDNESS means treating all living things gently with care and compassion.

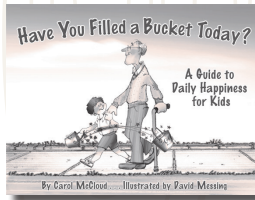
Let's Get Started!

- Fill out the Family Tree Scale. Where does your family rank with KINDNESS right now?
- Pick out one or two favorite KINDNESS quotes to start thinking about KINDNESS.
- Begin talking about and practicing the habit of KINDNESS by completing the KINDNESS activities in this section. Remember that your mascot friend, Odakotah, will be cheering you on!
- Activities may focus on people, animals, and/or the environment. Watch for these icons:  **People**  **Animals**  **Environment**
- The following books are wonderful books about KINDNESS to share with your family. Find them at your local library, on YouTube, or purchase them to create your own "Character Library" at home!

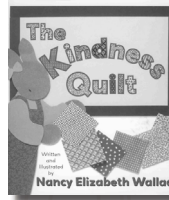
Stick and Stone
by Beth Ferry



Have You Filled a Bucket Today?
by Carol McCloud



The Kindness Quilt
by Nancy Elizabeth Wallace



Our Mission

Two by Two® Character Development is committed to developing responsible citizens of strong character who care for, respect, and appreciate, people, animals, and the environment.

For Family Activities go to: twobytwoeducation.org/pages/for-your-life



Family Tree Scale



KINDNESS

The family tree represents a learning scale for determining where your family stands with each character trait.

Let's get started!

- Ask your family: On a scale of 1-6, if we were to measure how much KINDNESS we show to each other, where would we be on the Family Tree Scale?
- On the Family Tree Scale, circle the number next to the category that represents where your family ranks with KINDNESS right now, and record the date on the corresponding line.
- Complete the activities for KINDNESS.
- Come back to the Family Tree Scale.... Now where are you?
- Circle the number next to the category that represents where your family is after completing the kindness activities, and record the date on the corresponding line.
- Celebrate your family's growth!

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6 Soaring High _____
Mastering KINDNESS & using it without thinking.

5 Branching Out _____
Using KINDNESS, *without reminders*, throughout the day.

4 Growing Stronger _____
Using KINDNESS, *without reminders*, in some family situations.

3 Developing Roots _____
Using KINDNESS with reminders.

2 Planting the Seed _____
Understanding & Practicing KINDNESS

1 Digging in the Dirt _____
Learning about KINDNESS.

Kindness Quotes

Sometimes it takes someone else's words or thoughts to motivate others. Please feel free to choose a couple of quotes to share, discuss, and post throughout your family's character journey.

- "Be someone who makes everybody feel like somebody."
(Brad Montague)
- "One kind word can change somebody's day." (Unknown)
- "Everyone you meet is fighting a battle you know nothing about. Be kind. Always." (Brad Meltzer)
- "Do not underestimate a moment of your kindness. It has power to change lives in ways you may never know." (Anna Taylor)
- "Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." (Scott Adams)
- "If you want more kindness in the world, put some there." (Zero Dean)
- "Be careful with your words. Once they are said, they can only be forgiven, not forgotten." (Unknown)
- "Do small things with great love." (Saint Teresa of Calcutta)
- "A warm smile is the universal language of kindness."
(William Arthur Ward)
- "Treat everyone with kindness, even those who are rude to you—not because they are nice, but because you are." (Unknown)
- "Scatter seeds of kindness wherever you go." (Unknown)





Give a Clap for Kindness



KINDNESS



Materials:

- None

Before:

- Discuss the definition of KINDNESS (see bottom of page).
- Kids often learn from watching and listening to the people around them. Remind your kids that there are acts of kindness all around us, if we just take time to look for them.

ACTIVITY:

1. Start by discussing with your family what it means to show kindness to others.
2. Ask if they can think of examples of someone being kind.
3. When they give examples, give a clap for kindness (clap twice while saying "Kind-ness!").

After:

- After you have reviewed a few examples at home, go to an area where you can observe people (at the park, in the neighborhood, walking to school, or even on a TV show.)
- When you see someone showing kindness, give them a clap for kindness!

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Kindness Charades



KINDNESS



Materials:

- None

Before:

- Talk about the importance of treating all living things with kindness... We'd have a much gentler and happier world if everyone took time to share kindness with people, animals, and the environment.
- Discuss with your family about ways to treat animals with kindness.

ACTIVITY:

1. Each family member will demonstrate/act out how people can treat animals with kindness while the rest of the family tries to guess what they are doing.
2. Everyone will take a turn acting out and guessing. You can also split the family into two teams for a fun competition!
3. Here are some ideas to act out:
 - » Walking the dog
 - » Scooping out the litter box
 - » Hugging and petting pets
 - » Feeding the family pet(s)
 - » Grooming the pet(s)

After:

- Discuss this statement (from shakepaws.com):
"No matter how talented, rich, or intelligent you are, how you treat animals tells me all I need to know about you."

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Kindness Mobile



KINDNESS



Materials:

- Hanger
- String or Ribbon
- Construction Paper
- Coloring/Writing Utensils
- Paper Punch, Stapler, or Tape

Before:

- Introduce the *Two by Two*® Golden Rule:
Treat all living things the way you want to be treated.
- Talk about the importance of practicing this rule in your family and with other people, animals, and the environment.

ACTIVITY:

1. Create a mobile with words and pictures of how to be kind to animals using a hanger (keep in mind the *Two by Two*® Golden Rule).
2. Cut several pieces of string or ribbon in different lengths.
3. Write words or draw pictures of ways to treat animals kindly.
4. Attach each picture/words to a string or ribbon (with tape, staples, or use hole punch and tie string/ribbon through).
5. Tie string or ribbon to the wire coat hanger.



After:

- Hang your mobile in a common area to help remind your family to be kind to animals and practice the *Two by Two*® Golden Rule.
- Make mobiles with ways to be kind to the environment and ways to be kind to people too!

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Color Me!

