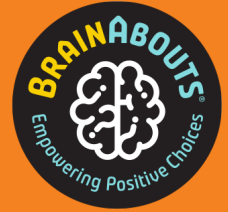


Kindness - Pre-K to 2nd Family Resource

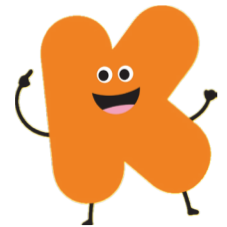


What is BrainAbouts?

BrainAbouts is a prevention and early intervention ecosystem that empowers young people to make positive choices, supports parents, and helps school staff overcome implementation obstacles with brain-based programming.

Learning about Kindness- Students learned that...

1. Being kind means that you act with care for others without expecting anything in return. Kindness can be shown through actions like giving someone a compliment, sharing, or helping someone in need.
2. Empathy is when you imagine how you might feel if you were in someone else's situation.
3. You have to use your frontal lobe to practice empathy. The frontal lobe is the part of your brain that helps you to stop, think, and make a good decision.



Family Connection

1. Go around the table and give each person a compliment!
2. Ask each other what is one kind thing you did at school or work today.
3. Sing the "Kindness Song" together, and let your child teach you the tune!

Kindness Song

Kind words and smiles every day
Helping family and friends in every way
I'll use my hands to help those in need
Showing care and empathy
To share a smile is easy to do
Kindness starts with me and you!

