



Counselor's Corner

December 2018/January 2019

The Importance of Kindness

Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. Research has now shown that devoting resources to others, rather than having more and more for yourself, brings about lasting well-being. Many colleges, including Harvard, are now emphasizing kindness on applications for admission.

There are different ways to practice kindness. One way to be kind is to open your eyes and be active when you see people in need. Celebrating someone you love, giving honest compliments, sending an email thanking someone, telling someone how she/he is special to you, helping an elderly neighbor with yard work or food, refusing to gossip, and donating old clothing and things you don't need are all ideas about how to practice kindness.

Kindness is also a willingness to full-heartedly celebrate someone else's successes. Kindness is to be openly happy for another person.

Kindness includes being kind to yourself. Do you treat yourself kindly? Do you speak gently and kindly to yourself and take good care of yourself?

There are many ways to be kind and many opportunities to practice. Perhaps kindness is a virtue that could add more satisfaction to and strengthen your relationships.

Here are some books for you and your children to read about kindness:

- Have You Filled Someone's Bucket Today?
By Carol McCloud
- The Golden Rule by Ilene Cooper
- The Lion and the Mouse by Jerry Pinkney

Kindness - Pass it On!

Spend time assisting your child write encouraging notes to people in your community. This could be neighbors, policeman, teachers, nursing home residents, firefighters, or anyone! Have your child go with you to deliver your notes of kindness.

Talk About It!

Here are some discussion points to help you talk about Kindness with your child:

- Tell me about a time when someone was kind to you. How did it make you feel?
- What do you think kindness means and why is it important?
- Who is someone in your class you can be kind to?
- What are ways you can be kind to people at home, at school and in the community?