

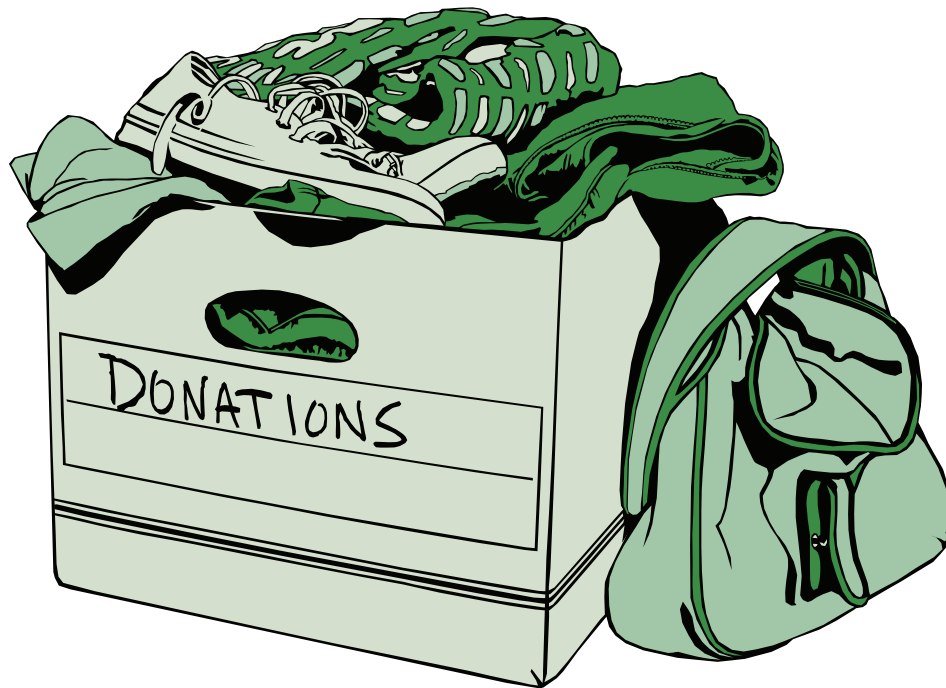
Acts of Kindness

Dear Parents,

Giving back is an important part of financial planning. In class, your child has learned how to figure out if a charity will put its donations to good use.

In addition to donating to and volunteering with a charity, there are other ways to give back. One simple way is by being kind to others. Learning to be compassionate can help your child become more empathetic, get along better with others, and be happier.

The following activity calls upon you to practice both types of charity!



ACTIVITY

1. Discuss how each member of your family can practice one act of kindness per day toward classmates, strangers, coworkers, or family members for seven days straight. Some examples might include letting someone go first in line; writing a thank-you note to a teacher, friend, or sibling; picking up litter outside; having lunch with a classmate who doesn't have many friends; or donating a toy to a family in need.
2. Then, at the end of the day or at dinner, share your acts of kindness with one another. Keep track of your family's deeds on a calendar or chart.
3. Inspired after your week of paying it forward? Branch out with acts of kindness toward a local charity or one outside your community. Your child can show you online sites to help you determine worthy places to volunteer or to support with donations.