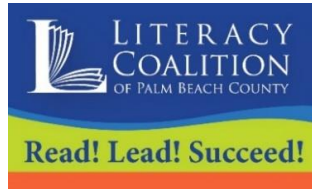


READ and THINK before you ACT.



## Leading through Reading

### READ

### Kindness at Home (6-8)

As we remain at home during this pandemic, we may be losing our patience and feel sad because we miss seeing our friends. We may have a feeling of a lack of control BUT WAIT!! We do have some control. We still can control our attitude. We still can reframe our challenges to see the positive. We still can be kind toward others. Kindness makes you feel good. There is no better place to be kind than at home.



### THINK



**Are you ready to work hard to see the positive and to be kind to others?**

In this time of stress, consider if you are feeling a bit angry and might be barking at others? Are you being as empathetic as you can be? Is it possible that you cannot see what demands others have upon them? Have you judged others for what they do *not* have or what they are *not* giving to you? Do you have every thing you want or need? Can you make it work with what you have?

This is a time when demands are high. What do you believe can help us all? How about in your own home? Consider how you can help with patience and kindness toward others—especially in your own home.

**ACT Try one or more of these ways to show kindness at home:**

- **Commit to Common Courtesies.** Don't get too relaxed around your loved ones. Remember to say, 'Good Morning' and 'Good Night'. When someone you live with comes into the room, say 'hello'. Ask your family members how they are doing. Share how you are doing. Invite loved ones to join you in whatever activity that you are doing.
- **Share the Love.** Don't forget that the people around you are important to you. Tell them. Show them too!
- **Pitch In.** Find a chore to do and do it! Find another one and do that one to! Do dishes, sweep the floor, or organize a drawer. Whatever needs to be done, roll up your sleeves and help!
- **Be Upbeat.** Smile. Tell an appropriate joke. Share a funny video.
- **Host a Doodle Dinner.** Cover a table with blank paper, put out crayons and markers. Invite family members to join you in drawing whatever is on your minds. Serve dinner or snacks. Talk about what you are each drawing.

You love your mom and dad. Why not tell them you love them?  
You can even tell them why.



Write a kind note, text or email to a family member or friend who is alone during this time of social distancing.

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

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Sharing is caring! Send us a picture of you and your Lead! Read! Succeed! projects to [nbirardi@literacypbc.org](mailto:nbirardi@literacypbc.org)