



KINDNESS

Showing others they are valuable by
how you treat them

HOW YOU CAN SHOW KINDNESS:

- Hold the door open for another person.
- Offer to carry something for someone.
- If you see someone by themselves at recess, invite them to join you and your friends.

Kindness FEBRUARY 2024



SAY IT:

See how many times you can say the definition in one minute.

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KNOW IT:

ASK A GROWN-UP:

- Who was the last person that went out of their way to show you kindness? How did that make you feel?

ASK A KID:

- What are three ways you can show kindness today? Think of some kind things you don't usually do and add those to your list today.

SEE IT:

You may have heard the popular phrase, "Pay It Forward." This simply means that when someone does something for you, instead of paying that person back directly, you pass it on to another person. There are many examples of this principle. The most popular are the stories I've heard of people in the drive-thru line who pay for the person behind them. Sometimes, this starts a "Pay It Forward" chain reaction of kindness where hundreds of customers will pay for the person behind them. The first person showed kindness, then others were motivated to continue to show kindness. Take a few minutes to watch this video and discuss how the "Kindness Boomerang" could help make our world a better place.

<https://youtu.be/nwAYpLVyeFU>

BE IT:

Make a list of ten things your family can do this week to show kindness to the people you come in contact with. Think of other family members, neighbors, classmates, coworkers, etc. Create some random acts of kindness that would be small blessings to the people you come in contact with. They could be small gifts, acts of service, cards of encouragement, or just spending some quality time with someone. When you show kindness, others might pay it forward and it may even boomerang back to you. You will definitely make a positive impact on someone's life, and you may just find that it feels great to show others how valuable they are.

PHASE

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We all want to know that we matter, that we are important.

One way that we can discover how we are important to others is **through work**. Maybe your child isn't ready to put in an 8-hour day at the office (who is!?), but he or she can still do significant work that will help your family and others. From taking out the trash, to doing dishes, folding laundry, or lending a hand to the neighbor, there are age-appropriate tasks that all kids can do.

Doing this work will make them feel important, needed, and connected to others.

So don't miss it. This month, look for work that develops independent habits in your child.

february 2024

KINDNESS // SOCIABLE WEAVER // PEACH

A small, unassuming songbird in southern Africa creates an amazing Home-Sweet-Home. Sociable Weavers make huge nests resembling hanging haystacks. The largest structures built by birds, one nest might house 100 families or more.

These sparrow-sized birds only weigh an ounce, but their communal nest can weigh a ton – or several. They use large twigs for the roof, dried grasses for chambers, and spikes of straw at entrances (to discourage predators). Cozy nesting areas are lined with fur or other fluff.

They don't need a water cooler in there; sociable weavers get most of their water from their food. Insects make up most of their diet, along with grass seeds.

These weavers live up to the sociable part of their name – extending hospitality to those beyond their own families, and

sometimes, their own species. When babies hatch, older siblings help feed them. Parents and older youngsters even feed babies that don't belong to them. Survival rates for these chicks are higher than for chicks raised by their parents alone. Despite careful nest construction, snakes still snatch hatchlings. However, if a baby makes it to adulthood, its chances of living up to 10 years are good.

These weavers share their apartment complexes. South African pygmy falcons use these nests, and other birds borrow nesting chambers as well. Raptors even sometimes roost on the roof.

One possible benefit of this shared space is that more eyes can keep a lookout for threats. And sociable weavers can see where their guests find food. Not only do these nests house hundreds of birds, but they can last many generations. Some nests have been in the family for more than 100 years!

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Sociable weavers share their special, spacious homes.

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With base colors of orange and yellow and a healthy helping of white, the color peach is considered comforting and warm. Lighter versions are thought of as sweet and friendly. Brighter versions bring energy and play into the room. With its touch of pink, it can have a romantic flair as well. Pantone selected 'Tender Peach' as one of its New York Fashion Week palette colors for 2023-24. The color gets its name from the juicy fruit grown in many states. While Southern states such as South Carolina and Georgia claim to be highest on the peach-producing ladder, California actually grows the most peaches.

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