

LOCKDOWN WIZARD



Kindness & Caring

A step towards understanding Humanity

**CCI
Special**

*The attention & environment you
provide shapes your child's brain
development for life*

**#16
ENGAGE
Series**

With increase in the number of nuclear family with one child to look after, parents try giving the best of everything to the child without making him/her understand the privilege of having it.

In this worldwide pandemic situation its high time we start inculcating the habit of kindness and caring in our children to make them sensitive to the situation around us. Hence making them feel grateful to everything they have.

DB YaR Forum recommends you the following steps to help your child develop some positive qualities.

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steps to raising **5 KIND & CARING** **CHILDREN**

by Big Life Journal

1 START BY PRACTICING EMPATHY

- Model empathy. Say, *"You seem disappointed. I know it's hard to leave when you're having so much fun."*
- Help your children consider the emotions of others. Ask, *"What do you think she's upset about?" "How would you feel if that happened to you?"*



2

READ BOOKS THAT TEACH KINDNESS

- Read storybooks which teach empathy, caring, and kindness.
- Talk to your children about the message of each story and how they can apply these concepts to their own lives.
- Ask questions like, *"What are some things we can do to be kind to others?" "Do we know anyone that might need a little extra kindness and love?"*



3 MAKING A DIFFERENCE AT HOME

- Give your kids small tasks to help around the house.
- Emphasize social skills like saying please and thank you, sharing with siblings, and recognizing when others may be having a tough day.
- Regularly ask family members questions like, *"How are you feeling?"* or, *"Is there anything I can do to help?"*



4 MAKING A DIFFERENCE IN THE COMMUNITY

As your child masters making a difference and offering empathy in the home, you may expand your focus outward to the community.

- Visit a “grandfriend” at a local nursing home.
- Make Valentine’s for senior citizens.
- Donate clothing, toys, or food.
- Welcome new neighbors with a treat or small gift.
- Practice random acts of kindness around the neighborhood.



5 MAKING A DIFFERENCE GLOBALLY

Facilitate activities that make an impact on a more global scale.

- Raise money or host a fundraiser for a charity they'd like to support.
- Send holiday cards or thank you letters to the military.
- Older children can write letters to elected officials about causes they believe in.
- Donate necessary items to places affected by natural disasters.



RANDOM ACTS OF KINDNESS

Free Bingo Card

ACTS OF KINDNESS

LEARNINCOLOR.COM

Leave someone a kind note	Give a compliment	Hold the door open for someone	Do a chore for a sibling	Create care packages
BRING DINNER TO SOMEONE	Donate old books	smile	Support a small business	Leave a snack and note for the mailman
Tell a family member how much you love them	Weed/rake leaves/shovel snow for a neighbor	FREE SPACE	PICK UP LITTER	Give a hug
LET SOMEONE GO AHEAD OF YOU	VOLUNTEER	Leave change at a vending machine	do a chore WITHOUT BEING asked	Bake cookies for firefighters or police
Give a friend or the new kid a snack	ASK OTHERS TO PAY IT FORWARD	WRITE A THANK YOU LETTER	Visit a nursing home	Donate to a food bank

learn in
color



1. Character Building Story for Kids (KINDNESS) | The Trouble with Tuffy | Character Builders



2. A short story on - kindness must see



KEY WORDS

TO SEARCH ON THE WEB

1. Importance of teaching kindness?
2. How to inculcate kind nature in children?
3. How to make children more caring from childhood?
4. Activities on kindness?
5. Family activity on kindness.



Everything and everyone is
won by the sweetness of
our words and works

- Don Bosco

Don Bosco National Forum for the Young at Risk



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