

POSITIVELY TORAH

Bringing it Home – Family Activity

Chapter 4 – Kindness

As an extension of our learning, learners will periodically complete a *Bringing it Home* interview with a family member. The goal of these interviews is to encourage meaningful conversation and reflection, while helping your child notice how these superpowers show up in everyday life.

Learners should bring what they recorded below to the next session and share what they learned and record their notes in their journal.

Kindness is the power to care for others through our words and actions. It means respectfully lending a helping hand or showing support, even when it isn't easy.

I hope that this *Bringing it Home* will be the start of a meaningful conversation about Fairness.

Thank you for talking about your experience with this character strength and for your partnership in building a greater understanding and appreciation of superpowers.

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Bringing It Home

Ask a family member to describe a time when they witnessed an act of Kindness. What part of this action made the biggest impression on them?

Brainstorm acts of Kindness you and your family can do, now and later, for others.

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