

# ADD KINDNESS TO FAMILY ROUTINES

*a menu for generous living*

## Over Breakfast

Launch the day with calm and connection.

- Adopt a brief **mindfulness practice**, such as enjoying a minute of silence at the breakfast table or taking 5 slow, deep breaths together while putting on shoes.
- **Give your children a compliment** and remind them to give one to somebody else during the day.
- **Set a big-hearted goal.** Ask your child to think about one thing they can do to make someone smile or help out a classmate.

## In the Car

Make the most of your captive audience.

- Print and carry our list of **29 conversation starters.** [bit.ly/DGTConvos](http://bit.ly/DGTConvos)
- Always keep **kindness-themed books** in the backseat. [bit.ly/DGTRead](http://bit.ly/DGTRead)
- Have a few **homeless care kits** on hand. Talk to your children about the importance of lending a hand to those in need. [bit.ly/DGTCareKit](http://bit.ly/DGTCareKit)
- If your children share stories of conflict, encourage them to spend time **imagining the other person's perspective.**

## During Dinner

Chat about important issues over dinner or anytime your family assembles.

- Try one of Doing Good Together's all time favorites: **Each night, ask: "Who did you help today, and who helped you?"** Asking this regularly encourages everyone to focus on giving and gratitude.
- **Share good news!** Stories about big-hearted kids or good deeds that make a difference can inspire your whole family.
- **Print these simple placemats** and use them to inspire big-hearted dinner conversations. [bit.ly/PithyPlacemat](http://bit.ly/PithyPlacemat)

## Before Bedtime

As your children wind down, take time for quiet togetherness.

- **Revisit your mindfulness practice** from breakfast. Enjoy another minute of silence or take 5 slow, deep breaths together while putting on pajamas.
- **Make the most of story time.** Check out our collection of big-hearted books with conversation prompts. Of course, any book can spark conversations if you ask the right questions. [bit.ly/DGTRead](http://bit.ly/DGTRead)
- Invite everyone to **list three joys** from their day. Or three things they're grateful for.



"If you want others to be happy, practice compassion.  
If you want to be happy, practice compassion."  
-The Dalai Lama

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*a menu for generous living* **ADD MORE KINDNESS**  
**TO FAMILY ROUTINES**

## Out and About

Find opportunities to model kindness while running errands.

- Ask the store clerk how they're doing, and say **"thank you"** when served.
- **Encourage your child** to smile, make eye contact, and answer questions.
- **Notice and comment** on the kindness of others. "Wasn't that thoughtful of the woman to hold the door for us?"
- **Pick up extra food** items for the Food Pantry. [bit.ly/DGTFoodShelf](http://bit.ly/DGTFoodShelf)
- Indulge in a **random act of kindness**.

## While You Make Dinner

Harness your children's energy for some team effort.

**Chores are an important way to begin the conversation about helping out and making a difference.** Your little ones can feed the pets, set the table, or unload the dishwasher.

- Visit DGT's newsletter on the importance of chores for more ideas. [bit.ly/DGTChores](http://bit.ly/DGTChores)
- **Let them help make dinner.** Depending on their ages, your kids can, say, assemble the ingredients, read the recipe, crack the eggs, and top the pizzas.

## On Your Day Off

Take on a family project and prepare for next week's kindnesses.

Choose a simple project that **establishes a kindness habit**. Some examples: create a giving jar to teach generosity [bit.ly/DGTGivingBox](http://bit.ly/DGTGivingBox) or decorate kindness cards to give out randomly in the coming week. [bit.ly/DGTCards](http://bit.ly/DGTCards)

- Work together to **create a family mission statement**. [bit.ly/DGTFamilyMission](http://bit.ly/DGTFamilyMission)
- **Put one family-friendly volunteer project on your calendar** for the coming month. [bit.ly/DGTPickAProject](http://bit.ly/DGTPickAProject)

## In Nature

Help your kids learn to love the earth on your next walk in the park.

Pack plastic bags and gardening gloves in a special backpack, and **turn every walk to the park into a neighborhood clean-up effort**.

- **Share specific observations** (what do you see, smell, hear) to encourage wonder and enthusiasm.
- **Gather treasures** like leaves, pine cones, and stones (though take care not to disrupt living things).



Find more tools to raise compassionate kids at  
[DoingGoodTogether.org](http://DoingGoodTogether.org)