

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.
- **Packing a snack for the kids?** Routinely include extra grapes or crackers for your child to give another student who forgot their snack.

In the Car

Make the most of your captive audience.

- Print and carry our list of **29 conversation starters**. bit.ly/DGTConvos
- Always keep **kindness-themed books** in the backseat. 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
- 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

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
- 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

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
- 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 contributing to the common good.** 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
- **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 or decorate kindness cards to give out randomly in the coming week. bit.ly/DGTCards
- Work together to **create a family mission statement.** bit.ly/DGTFamilyMission
- **Put one family-friendly volunteer project on your calendar** for the coming month. 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