



Hello Mullica families,

Each month, a newsletter will go out about the monthly PBIS character trait with some suggested tips and activities on how to reinforce the theme at home. May's character trait is **KINDNESS**. This month we are going to explore how we can embody kindness in our day to day lives.

**Kindness Tip #1: Challenge yourself and your children to do one random act of kindness a day.**

Kindness is something anyone of any age can do every day. Doing good and spreading positivity not only benefits the receiver, but you as the giver as well. Being kind can boost your self-esteem and self-worth, strengthening your resiliency (aka, your ability to overcome difficulties). It feels good to be kind and help others and reminds us of the happy things in our lives. Being kind to someone can also inspire them to pass the kindness along to the next person. This is how we spread positivity!

**Kindness Tip #2: Be kind just to be kind!**

Sometimes we expect something in return when we do something nice for someone, whether it's the favor being returned or even a "thank you," but being kind is something we should do simply because it's the right thing to do. When teaching children, or even adults, to be kind, we tend to attach a physical reward or some sort of extrinsic incentive to entice them to do something nice. While this method can work to some degree, people may be less motivated to continue if there isn't a reward each time. Instead, try to instill intrinsic motivation, or teach children to be kind simply because it is personally rewarding. Sometimes they won't get that "thank you" or get something in return, but knowing they did something good can boost their self-esteem and self-worth.

**Kindness Tip #3: Kindness is in your control.**

Kindness doesn't always come naturally for everyone. It is something we choose to be. Teach children that kindness is something that is in our control. We have the power within ourselves to choose to spread joy and positivity or not. The choice is up to us.

**Kindness Tip #4: Walk the talk.**

As parents and caregivers, it is our responsibility to be a positive role model for our children. Practice kindness in front of your children and behind closed doors too. Be mindful about how you talk about others privately or treat people because children will learn those behaviors from you. Practice empathy and compassion, and teach children how they can too in order to be more kind and compassionate to others. Raising kind children is about more than just acts of kindness. It's about how we show them to be kind even when nobody is looking.

May is also National Mental Health Awareness Month where we advocate for support for mental health and access to care, another reason to practice kindness especially this month! For more information:

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>