TargetPractice: What is true kindness?

https://www.youtube.com/watch?v=squ52pm2CCQ

Let's imagine that Shawn is at school at lunch. There are some days that Jack will come sit with Shawn for lunch. They talk and laugh and have a great time. However, there are some days that Jack doesn't even act like Shawn is there. Shawn thinks that they are friends but starts trying to figure out why Jack ignores him some days. Then he realizes that Jack only comes over on the days that Shawn has yummy homemade cookies in his lunch. On those days, somehow Jack will offer to trade Shawn something for a cookie.

Shawn now feels that Jack isn't really his friend but is just wanting something from him. It makes him want to not share his cookies anymore since Shawn really isn't his friend. What do you think he should do? What is the kind thing to do? **(True kindness is doing something without expecting anything in return.)** He could refuse to give Jack a cookie or he could offer it without even taking a trade.

This is a basic example of what kindness might look like. Kindness can be shown in little or big ways. Something as simple as a smile or picking up something dropped is kind. School is going to be starting soon. What are some ways we can be kind as we head back to school or even in your home?

- Let someone else go first in a game
- Offer to help with dinner
- Do a chore without being told
- Ask the kid who is alone on the playground to play