

# BUILD CHARACTER BUILD SUCCESS

Respect Responsibility Empathy

Kindness & Caring Teamwork Fairness

Honesty Co-operation Integrity Perseverance

## Attribute: **Kindness & Caring**

Dictionary Definitions	
Merriam-Webster Children's Dictionary	kind·ness \ˈkɪnd-nəs\ <i>n</i> 1 the quality or state of being gentle and considerate <She helped them out of kindness.> 2 a kind deed: FAVOR care \ˈker\ <i>n</i> 1 serious attention <Care is needed when crossing a busy street.> 2 PROTECTION 1, SUPERVISION <The injured player is under a doctor's care.> 3 proper maintenance of property or equipment 4 a feeling of concern or worry <He acts as if he hasn't a care in the world.> care <i>vb</i> cared; car·ing 1 to feel interest or concern <We care about what happens to you.> 2 to provide help, protection, or supervision to: look after <His job is to care for the sick.> 3 to have a liking or desire <Do you care for more tea?>
Collins Gage Canadian School (Junior) Dictionary Grades 4 to 6	Kind (kind) 1 <i>adj</i> friendly, caring, and helpful; doing good to others: <i>This kind girl offered her sweater to the shivering little boy.</i> -kind'ness, <i>n.</i> 2 <i>n</i> sort; variety: <i>Kevin likes most kinds of candy. A viper is a kind of snake.</i> Care (ker) 1 <i>v</i> feel strong interest: <i>The violinist cares deeply about music.</i> 2 <i>n</i> serious attention to what you are doing: <i>A good cook works with care.</i> 3 <i>n</i> love and respect shown by giving what someone needs: <i>The vet gave the dog the best of care.</i> cared, car·ing.
Collins Gage Canadian Intermediate Dictionary Grades 6 to 9	kind·ness (kɪnd'nɪs) <i>n, pl</i> kind·ness·es 1 a kind nature: <i>We admire her kindness.</i> 2 kind treatment: <i>Thank you for your kindness.</i> 3 a kind act: <i>He showed me many kindnesses.</i> car·ing (ker'ɪŋ) <i>adj</i> displaying kindness and concern for others.
Nelson Canadian Dictionary of the English Language	kind·ness (kɪnd 'nɪs) <i>n.</i> 1. The quality or state of being kind. 2. An instance of kind behaviour. car·ing (kâr 'ɪŋ, kâr ' -) <i>adj.</i> Feeling and exhibiting concern and empathy for others.

### What is kindness and caring?

- Showing understanding of others by treating them with compassion, generosity, and a forgiving spirit
- Being gentle, willing to help, friendly, and considerate
- Showing concern or sympathy for others
- Being sensitive to the needs of others
- Offering support
- Giving your time, talents, and resources to help others
- Talking positively about others
- Considering the needs of others, not just your own

## Quotations

“Give to another human being without the expectation of a return.” (Bill Bradley)

“Don’t wait for people to be kind, show them how.” (Unknown)

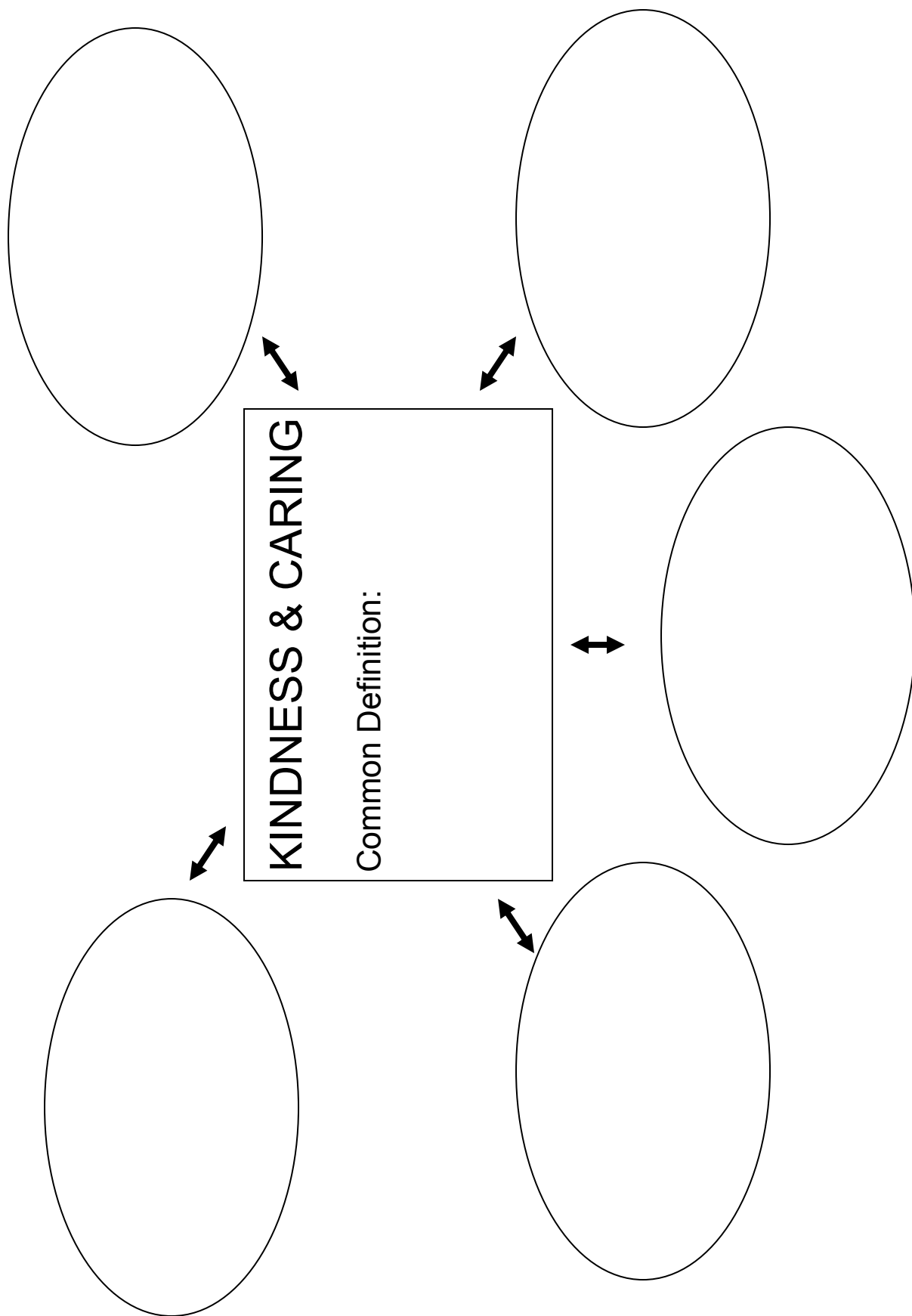
“Kindness in words creates confidence, kindness in thinking creates profoundness, and kindness in feeling creates love.” (Lao-Tzu)

“Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.” (Albert Schweitzer)

## What does kindness/caring look like and sound like?

- Smiling at those you know and those you don’t know
- Saying “Good Morning”
- Reminding someone who is feeling down about how special he or she is
- Saving to buy something nice for someone
- Donating to a charity
- Volunteering time to help others in need
- Cooking a meal for someone
- Giving friends and family members encouragement and sharing kind words
- Asking, “How can I help?” or “How are you?”
- Doing something nice for somebody—a random act of kindness
- Cleaning up a space that is shared with others
- Helping to keep the environment clean
- Taking care of someone who is sick, or wishing them a quick recovery with a visit or a card

# What Does “Kindness and Caring” Mean to You?



## Monthly Newsletter for Parents/Guardians/Caregivers

### KINDNESS AND CARING

Dear Parent, Guardian, or Caregiver:

Your child is involved in learning activities designed to develop good character and help children make good choices. Our focus this month has been on **KINDNESS AND CARING**.

What does “kindness and caring” mean to you?

#### **Your child can show kindness and caring by:**

- demonstrating these attributes toward themselves and others, including family, friends, and pets
- being aware of others’ feelings without teasing or using put-downs
- helping someone who is having a bad day

#### **Questions to discuss with your child:**

- How do we show kindness and caring toward each other in our family?
- What other things *could* we do to show kindness and caring toward our family members?
- What kinds of things can we do to show kindness and caring toward our friends?
- What does it mean to be kind and caring to animals?

#### **Projects to do together:**

- Engage your child in being kind and caring toward others by reflecting on his or her behaviour and identifying his or her acts of kindness.
- Write thank-you notes to those who have shown kindness and caring toward your child/family.
- Do something that shows kindness and caring for someone less fortunate.

#### **Encouraging kindness and caring in your child:**

- Show your child the importance of being kind and caring by displaying kindness and caring to your child and others.
- Share your feelings with your child, which provides him or her with the opportunity to be kind and caring.
- Expose your child to the power of kindness through random acts of kindness toward people, animals, and the environment.
- Read and discuss media stories that depict acts of kindness and caring.

**Thank you for supporting our Character Development program.**

BUILD CHARACTER  
BUILD SUCCESS

# Involving Parents/Guardians/Caregivers in Character Development

## Kindness & Caring

