



# Teaching Kids Kindness: A Parent's Guide



## Model Kind Behavior.

Kids learn by watching you. Try to:

- Hold the door for someone
- Use polite language like “Please” and “Thank You”
- Help other people
- Say something kind to someone

PLEASE

THANK  
YOU



## Encourage Your Child To Be Kind Encourage them to:

- Share their toys
- Help with clean-ups
- Write thank-you notes
- Be kind to themselves and others

## Use Role-Play

- Use dolls to show caring behavior
- Read books about kindness



## Try This Today

- Say something kind to your child
- Help someone in front of your child
- Give someone a smile

CLICK  
-TO-  
LEARN

- [randomactsofkindness.org](https://randomactsofkindness.org)
- [Acts of Kindness Activity pdf](#)
- [findtreatment.gov/locator](https://findtreatment.gov/locator)
- [www.hrl.nyc](https://www.hrl.nyc)