Life Lessons Kids Learn From Family Acts of Kindness

1. **Empowerment**
   Small service projects inspire kids to continue making a difference throughout their lives, even after they recognize how very big the world’s problems can be.

2. **Self-Esteem**
   Helping children share their talents with others teaches them they have valuable gifts to contribute.

3. **Responsibility**
   By volunteering and practicing kindness, you teach children that if they notice a problem or a need, they shouldn’t wait for someone else to take action. They have a responsibility to be part of the solution.

4. **Academic Skills**
   The opportunities for learning are nearly infinite. Every activity offers a lesson.
   * Practice reading and writing while making cards for the lonely
   * Review science concepts while protecting nature
   * Learn about history while meeting social service needs.

5. **Critical Thinking**
   Practicing kindness as a family means reflecting on big issues of the day. These big conversations teach children to approach problems thoughtfully.

6. **Tolerance**
   Through volunteering, children often meet people from diverse cultural backgrounds, lifestyles, ages and income levels, helping to teach understanding.

7. **Respect**
   Volunteering helps build respect for the experiences, needs, and contributions of other people in the community.

8. **Gratitude**
   By noticing and responding to the needs of others, children learn to appreciate the gifts in their own life.

9. **Purpose**
   Through service projects children often develop a vision for the work they want to do as adults.

10. **The Value of Family**
    Volunteering together teaches children that your family is a force for good. You’ll build incredible memories, stronger bonds, and make a difference together.

Make “giving back” a natural part of life’s early lessons.