ADD KINDNESS TO FAMILY ROUTINES  

Over Breakfast  
Launch the day with calm and connection.
- Adopt a brief mindfulness practice, such as enjoying a minute of silence at the breakfast table or taking 5 slow, deep breaths together while putting on shoes.
- Give your children a compliment and remind them to give one to somebody else during the day.
- Set a big-hearted goal. Ask your child to think about one thing they can do to make someone smile or help out a classmate.

During Dinner  
Chat about important issues over dinner or anytime your family assembles.
- Try one of Doing Good Together’s all time favorites: Each night, ask: “Who did you help today, and who helped you?” Asking this regularly encourages everyone to focus on giving and gratitude.
- Share good news! Stories about big-hearted kids or good deeds that make a difference can inspire your whole family.
- Print these simple placemats and use them to inspire big-hearted dinner conversations. bit.ly/PithyPlacemat

In the Car  
Make the most of your captive audience.
- Print and carry our list of 29 conversation starters. bit.ly/DGTConvos
- Always keep kindness-themed books in the backseat. bit.ly/DGTRed
- Have a few homeless care kits on hand. Talk to your children about the importance of lending a hand to those in need. bit.ly/DGTCareKit
- If your children share stories of conflict, encourage them to spend time imagining the other person’s perspective.

Before Bedtime  
As your children wind down, take time for quiet togetherness.
- Revisit your mindfulness practice from breakfast. Enjoy another minute of silence or take 5 slow, deep breaths together while putting on pajamas.
- Make the most of story time. Check out our collection of big-hearted books with conversation prompts. Of course, any book can spark conversations if you ask the right questions. bit.ly/DGTRed
- Invite everyone to list three joys from their day. Or three things they’re grateful for.

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."  
-The Dalai Lama
Out and About
Find opportunities to model kindness while running errands.

- Ask the store clerk how they're doing, and say "thank you" when served.
- Encourage your child to smile, make eye contact, and answer questions.
- Notice and comment on the kindness of others. "Wasn't that thoughtful of the woman to hold the door for us?"
- Pick up extra food items for the Food Pantry. bit.ly/DGTFoodShelf
- Indulge in a random act of kindness.

While You Make Dinner
Harness your children's energy for some team effort.

Chores are an important way to begin the conversation about contributing to the common good. Your little ones can feed the pets, set the table, or unload the dishwasher.

- Visit DGT's newsletter on the importance of chores for more ideas. bit.ly/DGTChores
- Let them help make dinner. Depending on their ages, your kids can, say, assemble the ingredients, read the recipe, crack the eggs, and top the pizzas.

On Your Day Off
Take on a family project and prepare for next week's kindnesses.

Choose a simple project that establishes a kindness habit. Some examples: create a giving jar to teach generosity bit.ly/DGTTGivingBox or decorate kindness cards to give out randomly in the coming week. bit.ly/DGTCards

- Work together to create a family mission statement. bit.ly/DGTFamilyMission
- Put one family-friendly volunteer project on your calendar for the coming month. bit.ly/DGTPickAProject

In Nature
Help your kids learn to love the earth on your next walk in the park.

Pack plastic bags and gardening gloves in a special backpack, and turn every walk to the park into a neighborhood clean-up effort.

- Share specific observations (what do you see, smell, hear) to encourage wonder and enthusiasm.
- Gather treasures like leaves, pine cones, and stones (though take care not to disrupt living things).