

# HOW TO CAPTURE CARING MOMENTS

Help kids learn the importance of caring by capturing and talking about caring moments. Caring is good for relationships and research suggests that it supports happiness and success!

## LOOK FOR CARING MOMENTS

Ask everyone in your family to keep a lookout for kind or caring things others do throughout the week.

## RECORD A CARING MOMENT

When you or a family member notices a caring moment, pause and call it out. Then record the moment by taking a photo or jotting it on a sticky note or on a whiteboard.

## PRAISE THE CARING MOMENT

Praise the person for being helpful and caring. This will help them see themselves as someone who helps and cares for others, which will encourage this behavior in the future. For example, instead of saying: “Thanks for helping me” or “That was very kind of you,” say “You are such a great helper” or “You are such a kind person.”

## TALK ABOUT CARING REGULARLY

Find a time every week to talk about kind or caring acts. For example, ask: How does it feel to be caring? Was it easy or hard? How can you be kinder to people you might not know or even like very much?

