

KINDNESS QUEST: FAMILY EDITION

PURPOSE

Create stronger family bonds, teach children empathy through modeling, and establish kindness as your core family value through shared experiences.

HOW TO PLAY

1. Draw age-appropriate cards during family time
2. Perform acts individually or as whole family
3. Share experiences in weekly family circles
4. Celebrate family milestones together

CARD POINTS

- Points indicate complexity level, not kindness value
- Use for family milestone celebrations
- Every family member's kindness matters equally
- Points help plan fun family rewards together

FAMILY FACILITATION ROLE

- Model kindness and vulnerability for children
- Create family traditions around kindness and service
- Help children process emotions around giving/receiving
- Guide age-appropriate empathy discussions
- Celebrate each family member's unique contributions

REFLECTION PRACTICES

FAMILY QUESTIONS:

- "How has our family grown kinder this month?"
- "What acts of kindness do we want to do together?"
- "How can we help our neighbors and community?"
- "What family kindness traditions should we start?"

COMMUNITY CONNECTION:

- Discuss how family kindness affects school/neighborhood
- Plan service projects involving whole family
- Share stories of kindness received from others
- Connect family values to making world better

CELEBRATION IDEAS

- Host "Family Kindness Nights" sharing favorite acts
- Create "Family Kindness Tree" with photos/stories
- Plan community service projects as rewards
- Organize "Gratitude Dinners" focused on appreciation
- Invite extended family to celebrate achievements

IMPLEMENTATION

Week 1: Family mission creation and first acts

Weeks 2-4: Individual and family acts with weekly circles

- Connect family kindness to community involvement

FAMILY KINDNESS CIRCLES (Weekly)

- Meet during regular family time (dinner, bedtime)
- Share completed acts and feelings about them
- Listen with curiosity to each member's experience
- Ask: "How did this help our family?" and "What kindness did you notice this week?"
- Plan family kindness projects together

FAMILY CELEBRATIONS

Milestone Rewards:

- 50 points: Family movie night with treats
- 100 points: Special family outing of choice
- 200 points: Weekend family adventure
- 300 points: Plan family vacation together
- Create your own meaningful family rewards

RECOGNITION IDEAS:

- Family certificates: "Kindness Family of Month"
- Photo celebrations highlighting kindness acts
- Memory making: family kindness albums/videos
- Community recognition: sharing stories with extended family
- Experience rewards: game tournaments, special dinners

Week 5: Community service planning and celebration

Ongoing: Monthly family kindness adventures

SUCCESS INDICATORS

- Children showing kindness without being asked
- Increased empathy and understanding between siblings
- Family members naturally supporting each other
- Greater connection to community and service opportunities
- Kindness becoming "just how our family operates"
- Children teaching kindness principles to friends

Remember: Focus on growing together as loving family unit. Use points for family bonding, celebrating your shared journey toward greater compassion!