

# How Can You Help Your Child Fill Their Bucket?

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Kindness is observed, model the desired behaviors for your children.



Talk about emotions and the actions that evoke those feelings. Use teachable moments such as story time or movies to hone in on the emotions characters feel.



Help your child find ways to define themselves as kind, caring, responsible, or whichever trait you want them to possess. Focus on the actions that help your child achieve that identity.



Find teachable moments to explain perspectives. Find activities that challenge your child(ren) to put themselves in someone else's shoes for an hour or day.



Shame is a kindness killer. If your child demonstrates an action or behavior that you do not like, stress the behavior, not the child.



Encourage your child to say or do 2 nice things a day. This must come from their heart, and will become a habit the more it is practiced.