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Do you aspire to have nice children?

It may be even more important to raise a *kind* child. Children who are “nice” have good manners, know when to say “thank you,” and try to treat others well. Kind children possess additional positive qualities and a selfless concern for others. They’re considerate, generous and aim to improve people’s lives, without expecting anything in return.

When your child is kind, their words or actions may have a lasting impact on the people they’re around. Additionally, your child’s acts of kindness may have benefits for their own mental and physical health. Kind children may experience:

- Increased feelings of happiness
- A greater sense of purpose in life
- A more developed sense of empathy
- Lowered stress levels
- A boosted immune system
- Decreased risk of depression
- Feelings of connectedness to others



**#ONOURSLEEVES**

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**Teaching your kids about kindness**

Kindness is better **demonstrated** than **taught**. One of the most effective ways your child may learn about kindness is by following your example. Kids take mental notes and learn when observing their parents, including their attitude about helping others and the way parents relate to friends, relatives and strangers.

When you consistently display kindness in your interactions with others, it may inspire your child to practice kindness as well. If you show how easy it is to incorporate kindness into your life, it may become second nature to your child. Remind your child they may not get thanked for what they do, but kindness feels good, even if no one says thank you.

#### WATCH: Teaching your kids about kindness



#### Ways children can practice kindness

There are a number of ways children can be kind in their everyday lives. If you're looking for ideas to get your child started, encourage them to try to complete one act of kindness each day. Here are some suggestions:

- Compliment people when they display qualities you admire.
- Get to know the new kid at school, so they feel more connected to someone.
- Hold doors open for others.
- Volunteer at a food pantry, animal shelter or local service organization.
- Pick up trash together on a favorite hiking trail or in your neighborhood.
- Draw a nice picture for a friend or relative who may have had a rough day.
- Put a quarter in a stranger's parking meter.
- Send a heartfelt thank-you note or handmade card to someone who did something kind.

[Click here](#) to download our **On Our Sleeves Kindness Calendar** for you and your family to

### Kindness Calendar

Use this Kindness Calendar with your family to complete one random act of kindness each day in November.

Here are a few ideas to get started:

- Volunteer at a food pantry, animal shelter or local service organization.
- Hold doors open for people.
- Send a thank-you note to someone who did something kind.
- Smile at everyone you see.
- Offer to help a friend with their homework.

WOLFSON NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Share your activities with us, and any new ideas you have, by using #OnOurSleeves on social media.



www.OnOurSleeves.org

track your daily acts of kindness throughout the month of November. Also available to **download in Spanish**.

Post the calendar on your refrigerator or bulletin board and write your own ideas in the space provided. Share your kind ideas by using **#OnOurSleevesJax** and **#OnOurSleeves** on social media.

Don't forget to share how you're using *On Our Sleeves* resources! Hit the reply button to tell us your *On Our Sleeves* story.

Sincerely,  
Wolfson Children's Hospital

The mission of *On Our Sleeves* is to provide every community in America access to free, evidence-informed educational resources necessary for breaking stigmas about child mental health and educating families and advocates. For more information, visit [OnOurSleeves.org](https://www.onoursleeves.org).

To access educational resources and revisit the mission of *On Our Sleeves*, visit [wolfsonchildrens.com/onoursleeves](https://www.wolfsonchildrens.com/onoursleeves).

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