

# A Note from






Hi, Family Friends!

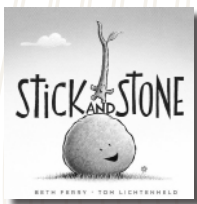
We are so happy to provide you with an easy-to-use resource to build your home full of kindhearted people! The core value you will be working on is **KINDNESS**. Two by Two's mascot for **KINDNESS** is a puppy named Odakotah (Oh-dah-coat-ah). His name comes from a Native American word that means "friendship." Native Americans thought dogs were noble, faithful, loyal, protective, and very **KIND**. In fact, Odakotah likes to remind us that...

**KINDNESS means treating all living things gently with care and compassion.**

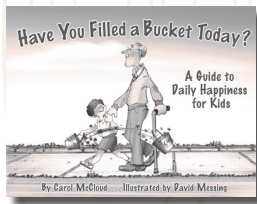
## Let's Get Started!

- Fill out the Family Tree Scale. Where does your family rank with **KINDNESS** right now?
- Pick out one or two favorite **KINDNESS** quotes to start thinking about **KINDNESS**.
- Begin talking about and practicing the habit of **KINDNESS** by completing the **KINDNESS** activities in this section. Remember that your mascot friend, Odakotah, will be cheering you on!
- Activities may focus on people, animals, and/or the environment. Watch for these icons:  **People**  **Animals**  **Environment**
- The following books are wonderful books about **KINDNESS** to share with your family. Find them at your local library, on YouTube, or purchase them to create your own "Character Library" at home!

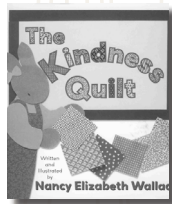
*Stick and Stone*  
by Beth Ferry



*Have You Filled a Bucket Today?*  
by Carol McCloud



*The Kindness Quilt*  
by Nancy Elizabeth Wallace



## Our Mission

Two by Two® Character Development is committed to developing responsible citizens of strong character who care for, respect, and appreciate, people, animals, and the environment.

For Family Activities go to: [twobytwoeducation.org/pages/for-your-life](http://twobytwoeducation.org/pages/for-your-life)



**KINDNESS**



# Family Tree Scale

The family tree represents a learning scale for determining where your family stands with each character trait.

## Let's get started!

- Ask your family: On a scale of 1-6, if we were to measure how much KINDNESS we show to each other, where would we be on the Family Tree Scale?
- On the Family Tree Scale, circle the number next to the category that represents where your family ranks with KINDNESS right now, and record the date on the corresponding line.
- Complete the activities for KINDNESS.
- Come back to the Family Tree Scale.... Now where are you?
- Circle the number next to the category that represents where your family is after completing the kindness activities, and record the date on the corresponding line.
- Celebrate your family's growth!

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# KINDNESS



KINDNESS means...  
treating all living things gently with care and compassion.



**6 Soaring High** \_\_\_\_\_  
Mastering KINDNESS &  
using it without thinking.

**5 Branching Out** \_\_\_\_\_  
Using KINDNESS, *without*  
*reminders*, throughout the day.

**4 Growing Stronger** \_\_\_\_\_  
Using KINDNESS, *without*  
*reminders*, in some family situations.

**3 Developing Roots** \_\_\_\_\_  
Using KINDNESS with reminders.

**2 Planting the Seed** \_\_\_\_\_  
Understanding & Practicing  
KINDNESS

**1 Digging in the Dirt** \_\_\_\_\_  
Learning about KINDNESS.

# Kindness Quotes

Sometimes it takes someone else's words or thoughts to motivate others. Please feel free to choose a couple of quotes to share, discuss, and post throughout your family's character journey.

- "Be someone who makes everybody feel like somebody."  
(Brad Montague)
- "One kind word can change somebody's day." (Unknown)
- "Everyone you meet is fighting a battle you know nothing about. Be kind. Always." (Brad Meltzer)
- "Do not underestimate a moment of your kindness. It has power to change lives in ways you may never know." (Anna Taylor)
- "Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." (Scott Adams)
- "If you want more kindness in the world, put some there." (Zero Dean)
- "Be careful with your words. Once they are said, they can only be forgiven, not forgotten." (Unknown)
- "Do small things with great love." (Saint Teresa of Calcutta)
- "A warm smile is the universal language of kindness."  
(William Arthur Ward)
- "Treat everyone with kindness, even those who are rude to you—not because they are nice, but because you are." (Unknown)
- "Scatter seeds of kindness wherever you go." (Unknown)

