

Part II : How we Act



5 Kindness

6 Honesty

7 Generosity

8 Thoughtful Speech



How we act...
impacts on ourselves and others.



Guideline 5 : Kindness

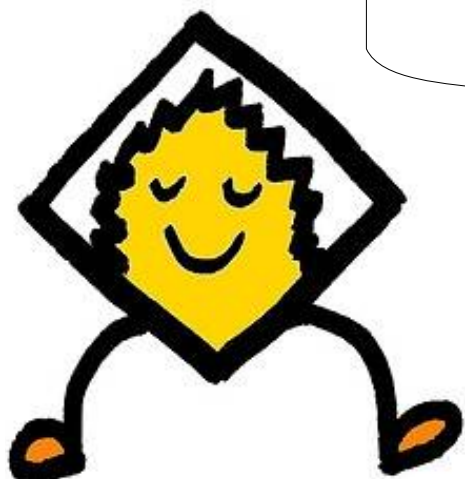


Humility	Respect
Patience	Forgiveness
Contentment	Gratitude
Delight	Responsibility
▶ Kindness 5	Principles
Honesty	Aspiration
Generosity	Service
Thoughtful Speech	Courage
16 Guidelines for Life www.16Guidelines.org	

Character Guide: Kaipo Kindness



The guides' positive chants help you to remember the most important ideas. Say these over and over to remember them.



You might like to read one of the picture books recommended by your local library for fiction or non-fiction books illustrating Kindness.
[\(click here for one such library site\)](#)



Thinking Ahead at the Diamond Clinic

a short play set at a busy emergency veterinary hospital to be read aloud by three people

Dr. Lee: (as she is running from the waiting room with the rabbit in it to the treatment room where the iguana is waiting) I'll be right there. Keep the icepack around 'Bunny' till he cools down then I'll come to check him again. He's still overheated from the ride to the hospital.



Assistant Amber: Alright. Don't worry fella, you'll be better in no time. We'll take good care of you here.



Dr. Lee: (after some time in the treatment room) Alison, please bring me a sterile pack and finish wrapping up this iguana's tail. I need to check on that cat we are monitoring.

Assistant Alison: I'd be happy to.

Dr. Lee: (to Alison) Thank you. (to the iguana) That should help. (to the owner) It was good of you to bring him in. He'll be feeling better in a few days.

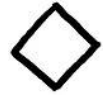
Amber: (thinking to herself as she calculates the fee for an old black dog who is ready to go home) Dr. Lee loaned me this calculator a while ago, and she will need it to process the readings on the cat. (Amber closes the door as the dog and its owner leave, takes the calculator, steps into the hall where Dr. Lee is moving between rooms, and slips it into Dr Lee's pocket as they pass each other).

Dr. Lee (smiling over her shoulder, continuing to walk) Thank you, Amber, that was really helpful. That was thinking ahead! Very kind of you.

Amber (smiling, too): My pleasure. I'd better get back to check on that rabbit!

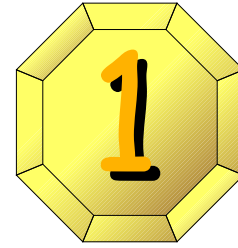


Kindness Activities



Try it now: Make a Golden Rule.

If you were in charge of the world, and you could make only one rule, what would it be? What would be so important that you might call it the golden rule? Take a minute to think about this before you read on.



Thank you for the directions. So kind!

People in many parts of the world and across time include the idea of treating others with kindness as part of their philosophy or religion. Sometimes this is called the Golden Rule. It can be summarized as “treating others how you would like to be treated,” or “treating others the way they would like to be treated,” or “not harming others in ways you would not like to be harmed.” How might having such a rule help a person or a group of people? What phrase is used in your culture or faith?

Art Project:

Golden Ruler

Can you make a symbol of this Golden Rule? For instance you could make a gold-colored ruler with a reminder phrase on it.

Choose a phrase to use, either 'golden rule' or 'kindness' or a phrase you create or another you have heard, or one of the many you can find online such as in the articles here: http://en.wikipedia.org/wiki/Ethic_of_reciprocity or here: <http://www.bahainyc.org/presentations/goldenrule/index.html>

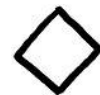
Make the basis of the ruler from a real ruler, or a piece of cardboard cut into the general shape of a ruler, or even a thick piece of paper.

Color it gold or yellow with whatever you have -- gold foil from chocolate bars or from a craft store, gold paint, gold glitter and glue, a gold colored crayon, or markers. Add your phrase.



Show kindness; do no harm.

Keep it where you will be reminded every day to be kind and considerate of others. Go for the gold!

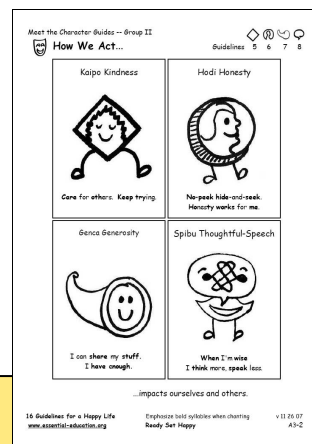


Try it now: Meet the 'How we Act' Guides.

The character guides each help you to learn about a guideline that starts with the same sound as their name. The 'How we Act' guides are Kaipo Kindness, Hodi Honesty, Genca Generosity, and Spibu Thoughtful-Speech. The last syllable of many of their first names has something to do with their shapes. I wonder if you can guess that connection for each one....the answer is at the end of this Kindness section.



Would you like a turn? Thanks for sharing!



Art Project: 5678

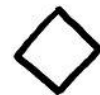
Print the drawing (page A3-2) of the four 'How we Act' characters. Color the page and think about how your actions affect those around you. Consider if you already act in a way that is kind, honest, generous, and thoughtful about your words or if you could practice a little more. Glue the page to thicker paper if you have it, then cut along the lines to make four cards to use in the game below.

Game:

Matching/Concentration

Make two sets of cards in the Art Project above. The thicker paper is important so you can't see through the back side of the cards. Play the matching game 'Concentration' by placing all the cards (including those you may have made from other sections) face down, taking turns turning over two at a time to try to find the same characters. If you find a match, say something about the guideline before you take up the set. You could give an example of when you or someone else showed that quality this week, or when you wish you had. Keep taking turns until all pairs are matched. In later activities you can make more cards to use to play this game. Try it as a cooperative game and see how few turns you need to match them all.

When you finish playing put the cards up on the wall or fridge, one at a time, to keep one guideline in mind each week.



Try it now: Project kindness, reflect some to yourself.

How does it feel when someone is kind to you? Imagine the difference you can make every day by developing an attitude of kindness in your life. Can you be a positive example, a ray of sunshine to a friend in need? What might that feel like? Even smiling at the bus driver or picking up something someone drops can make a difference to their day.



When our children walk out the door for school we say, "I hope you have an awesome day, and I hope you make it that way for someone else." This usually involves a hug! It reminds us of our power to affect the day for ourselves and others.

It is also important to be kind to yourself. What does that mean? It might involve not expecting yourself to be perfect. Not worrying about the grade so much as the learning. Try your best! But if you mess up, don't beat yourself up, just notice it, fix it if you can, apologize if that makes sense, and decide to do better next time.

Game:

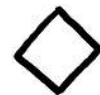
Way to go, you did well!

Some days thinking of what's on your 'done' list is more encouraging than thinking of what's on your 'to do' list. Be kind to yourself right now by thinking of four things you did really well this week. Congratulations on your efforts! To play as a game with a small group, each person can write each of their accomplishments on a small piece of paper. Collect and pass them out randomly. Take turns going around the circle reading the papers for an anonymous celebration of good efforts.

Try it for real: Kindness is good medicine, Neighbor!

Studies by American, British, Canadian and Australian scientists all confirm that kindness can be good for our health. Read about it by [clicking here](#). Having connections with our neighbors where we do things for each other like taking care of each other's pets seems to increase our ability to avoid getting sick and to live longer. So being kind is good medicine! Can you go with your parents or caregivers to introduce yourself and get to know more of your neighbors? Try to learn some new names and faces this week. If you already know your neighbors, can you do them a favor? Put the 'neighbor' back in neighborhood.





Try it for real: Kind (rather than King) for a Day

Set a goal for yourself of going a whole day thinking about the happiness of others not just yourself. How many 'good turns' can you do? If you can't help, at least don't harm. What challenges do you expect at home and at school while you are being kind?

One person often thought of as kind is Mother Teresa, an Albanian nun who served in India. She said, "The poverty of the West is loneliness and indifference. There is hunger for ordinary bread, and there is hunger for love, for kindness and for thoughtfulness - and this is the great poverty that makes people suffer so much." If you spend a whole day thinking of others you may help to reduce this hunger.



Try it for real: Pay it forward with Deliberate Acts of Kindness.

Once you have been "Kind for a Day" you may like to try something in a more organized way. You can click on the three underlined headings below or search the internet to learn more about three kindness efforts other young people are doing, then try them yourself.

Random Acts of Kindness

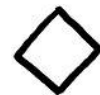
Have you heard of the phrase "random acts of kindness"? What do you think it means? Random acts are when you do something kind that's unexpected, and the person you do it for may not even know it was you. You will feel happy doing it, and they will feel happy and surprised when they realize someone has done something nice for them. You can change the world a little for the better.

Action: Act I

Random Acts of Kindness

This week look for ways to perform random acts of kindness. There are many ideas at the link above, or you could ...

- Leave flowers at someone's door but don't let them see you deliver them.
- Pay for someone whose parking time has expired.
- Refill your dog's water or do another household job without being asked.
- Do something nice for an elderly neighbor – anonymously if you can.



Pay it Forward

The idea of Pay it Forward came from the novel by Catherine Ryan Hyde in which a twelve-year-old changed the world outside and within himself by three big acts of kindness. Instead of being paid back he asked the people to do something for three others. If they did, that would mean nine people affected the next round, then 27 and so on.

Action: Act II

Pay it Forward

Pay it forward yourself by doing three kind acts and if those whom you help want to pay you back, ask them instead to pay it forward to three more people.

Loving Kindness Peaceful Youth

An international youth movement started in part in reaction to the massacre at Columbine High school, Colorado, USA, they call their actions Deliberate Acts of Kindness.

Action: Act III

Deliberate Acts of Kindness

Here are a few Deliberate Acts you could try. Click on the LKPY link heading above for more.

If someone is walking toward you along the street, smile at them.

If people are waiting behind you at a water fountain, let them go ahead.

Hold a door open for someone.

Say hello to any 'invisible' people you see

the cleaning crew, the lunch servers at school,

the person holding the 'slow' sign at a road construction,

the postal worker, the waste collectors, etc.

Invite a new student at school to sit with you at lunch or on the bus
or to play with you.

Be nice to the teacher. Especially the one who takes the place of your
regular teacher when they have to be absent!!



Let us know what you did and how you felt about it. When people see kindness, it makes them feel like being kind, too. Go out and start something!



Instant Replay for Kindness:

I wonder if you think the photo of a child holding a door open was a good choice to represent 'Kindness'.

What questions do you have about Kindness?

What is the Golden Rule? Why do you think it is called that?

Can being kind make you healthier? Happier? How?

Does it matter if people know you were the one who did something kind for them?

All the world's a stage...

William Shakespeare

How can you encourage a culture of kindness?

How can you be kind to yourself?

Where can you get more ideas about kind things you can do?

What would your community be like if everyone did something kind each day?

Name/shape connection answer--

Kaipo She's based on the red crystal symbol for hospitals in conflict zones (which was a plus sign, the red cross --positive) Think of a polished diamond.

Hodi He's a coin, representing honest dealings with money. Money in Spanish is dinero.

Genca She is a cornucopia, a horn of plenty. Symbol of generosity, plenty, and sharing.

Spibu He's a speech bubble representing words thought or spoken, plus a wisdom symbol.

The group symbol for 'How we Act', Dramo, is a theater comedy mask.