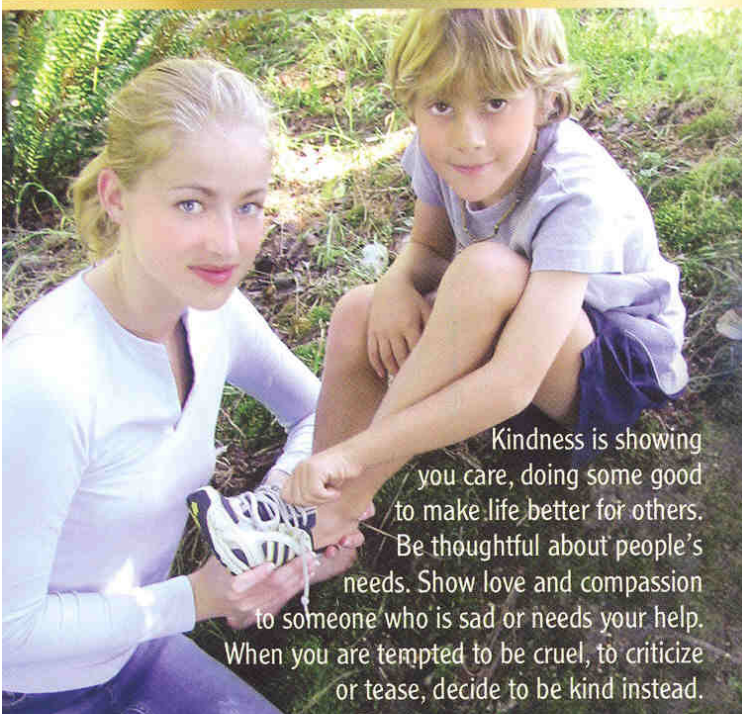


# Family Virtues Newsletter

This weeks Virtue:

## Kindness



Kindness is showing your care, doing some good to make life better for others. Be thoughtful about people's needs. Show love and compassion to someone who is sad or needs your help. When you are tempted to be cruel, to criticize or tease, decide to be kind instead.

Things a family can do to practice

## Kindness...

- Give tender attention to those who need help
- Do thoughtful things to give others happiness
- Practice habits that help the environment
- Resist the temptation to be cruel
- Accept people who are different



The little boy, Caelin, took care of an injured bird, Kelsey, and showed kindness by releasing her after she recovers.



The class is planting flower seeds to show kindness to our environment.

Next Virtue: **Respect**

**Come join the fun!**



Virtues classes are held each Sunday in the Grand Bend Public School, Community Access Room. Children ages 5 – 14 are welcome and it's free. Call Josy and Gord Britton at 238-6036 or [gordbritton@hay.net](mailto:gordbritton@hay.net) to register your child. [www.virtuesproject.com](http://www.virtuesproject.com)