

The Meaning of Kindness



Defining kindness is a great way to get started with your intentional kindness practice. As a group, discuss the following questions in relation to your community, your school, your workplace, your family, or your neighborhood.

1. What does kindness mean to us?
2. Why do we think kindness is important in our [community/school/workplace/home/neighborhood]?
3. If our [community/school/workplace/home/neighborhood] felt like a kind place, what would it be like?

What would we see? What would we hear? What would we feel?

4. What is the hardest thing about being kind?
5. How can we practice kindness together as a group?