

KINDNESS CHALLENGE

“Treat everyone with kindness, even those who are rude to you – not because they are nice, but because you are.” – Author Unknown

This week, we challenge you to give kindness to someone who may be struggling with anger, closed mindedness or other frustrating qualities. Empowerment is about feeling you have a choice. Giving kindness in tough situations is powerful and shows your children that kindness is always within your control.