



WHAT'S THEIR STORY?

CONVERSATIONS WITH KIDS TO BUILD KINDNESS

We behave the way we do based on everything that has happened to us up to now and what those experiences told us about the world.

For example, some of us have gotten the message along the way that people like us more when we are serious or funny – rule followers, or rule breakers. Other experiences might have told us that we get more attention by pouting or bullying – that we should share our feelings openly or keep them inside. Each little experience starts to shape our paradigm of the world and leads us to act the way we do in any given moment.

As you help your child negotiate the relationships in their lives, remind them often that the other person has a story too. When your child can see this story, their empathy goes up and so in turn does their kindness toward that person.

Here are some questions when talking through tough situations, to get your child thinking about the other person's story...

- 1 How do you think they got to be that way?
- 2 What might have happened in their lives that led them to that behavior?
- 3 How might you offer them some compassion and understanding?