



KHE Family Meeting February 1, 2019

KHE Family Conversation:

Watch [Kindness Video](https://tinyurl.com/yavqklh4) (<https://tinyurl.com/yavqklh4>) and discuss how you think each person felt when an act of kindness was shared with them. What happened when someone did something kind for someone else? What are some ways we can show kindness to others in our home, school, and community?

KHE Family Activity:

KHE Families will create a Valentine's Day, kindness, or friendship related craft/card that will be shared with someone of the student's choosing.

Out the Door:

Challenge all group members to do something kind for someone else and to participate in as many Kindness Challenges during KHE's Kindness Week (February 4-8).