

“Sometimes it takes only one act of kindness and caring to change a person’s life.”

Jackie Chan

<https://www.rd.com/list/kindness-quotes/>, (accessed August 26, 2022).

Storytelling with Family or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Share what you learned about being kind to others (and yourself) in your childhood.**
- 2. Tell a story when someone’s kindness to you changed your life.**  
(They acknowledged you, listened to you, cared for you, encouraged you, praised you, helped you, were honest with you, walked with you, cried with you, etc.)
- 3. Share about a “random act of kindness” that you did or saw happen.**  
(What change in the person(s) and yourself did you see and feel?)