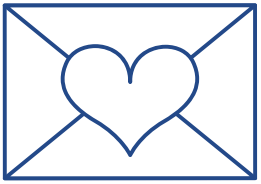


Appreciating **KINDNESS** & **COMPASSION** *at home*

We are excited to share our first weekly challenge for the whole family!
Are you ready?



Secret Admirer !!

1 Each member must secretly identify a member of the family (someone living in your household) and think about 2 things that you really like and appreciate about them.

- Now write them a secret note telling them about what you like and appreciate.

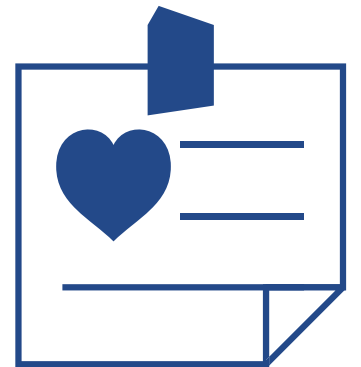
Leave the note for them to discover!

2 Take time to share and read notes from your secret admirers during family time together.



3 **A new note each day!**

Can you write similar notes to all the members of your household- picking a different member each day and writing 2 things you like.



Remember to include every member of your household, including helpers who reside with you.

4

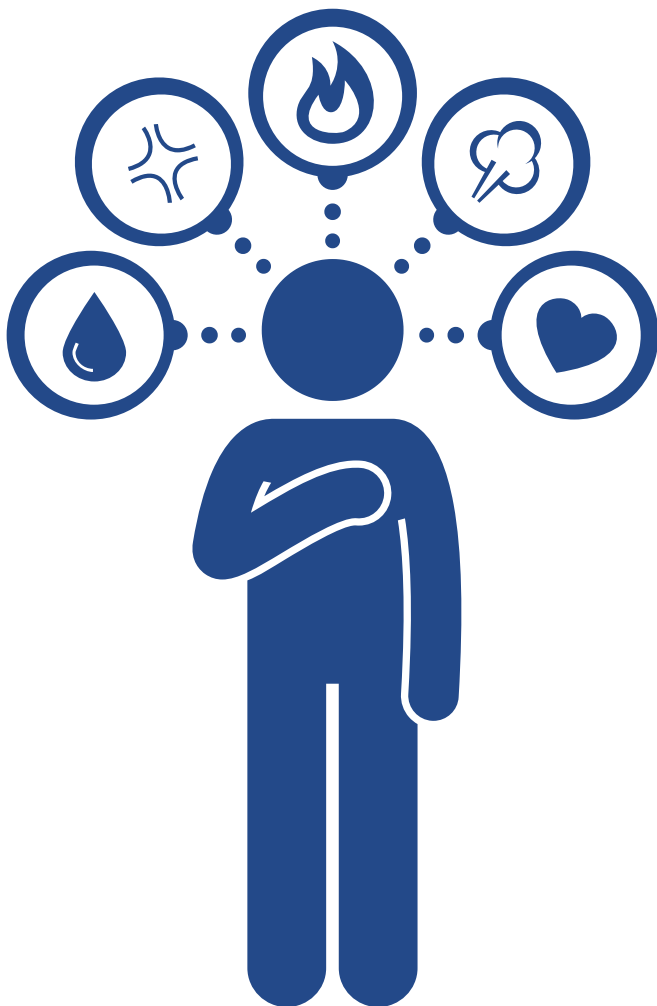
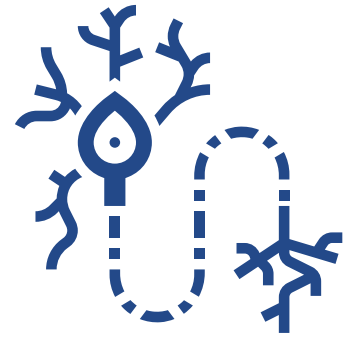


Now recall 1 act of kindness (however small) that a member of your household showed you in the past 2 months. At the end of the week write a note/letter to this member of your household appreciating their kind act by handing the note/letter over to them.



Things to look out for:

- 1 As we listen to the things that our family members appreciate about us, notice the sensations that arise.



- 2 Can you think of words that best describe these sensations. E.g. tight, warm, tingly, achy, light.
- 3 Where do these sensations reside in your body? E.g. tightness in temples or chest, tingly in palms.
- 4 Similarly, as you recollect receiving kindness from a household member, can you notice the bodily sensations that arise alongside? List words that best describe them.

Make your list here:
