

# ADD KINDNESS TO FAMILY ROUTINES

*a menu for  
generous living*

## Over Breakfast

Launch the day with calm and connection.

- Adopt a brief **mindfulness practice**, such as enjoying a minute of silence at the breakfast table or taking 5 slow, deep breaths together while putting on shoes.
- **Give your children a compliment** and remind them to give one to somebody else during the day.
- **Set a big-hearted goal.** Ask your child to think about one thing they can do to make someone smile or help out a classmate.

## In the Car

Make the most of your captive audience.

- Print and carry our list of **29 conversation starters.** [bit.ly/DGTConvos](https://bit.ly/DGTConvos)
- Always keep **kindness-themed books** in the backseat. [bit.ly/DGTRead](https://bit.ly/DGTRead)
- Have a few **homeless care kits** on hand. Talk to your children about the importance of lending a hand to those in need. [bit.ly/DGTCareKit](https://bit.ly/DGTCareKit)
- If your children share stories of conflict, encourage them to spend time **imagining the other person's perspective.**

## During Dinner

Chat about important issues over dinner or anytime your family assembles.

- Try one of Doing Good Together's all time favorites: **Each night, ask: "Who did you help today, and who helped you?"** Asking this regularly encourages everyone to focus on giving and gratitude.
- **Share good news!** Stories about big-hearted kids or good deeds that make a difference can inspire your whole family.
- **Print these simple placemats** and use them to inspire big-hearted dinner conversations. [bit.ly/PithyPlacemat](https://bit.ly/PithyPlacemat)

## Before Bedtime

As your children wind down, take time for quiet togetherness.

- **Revisit your mindfulness practice** from breakfast. Enjoy another minute of silence or take 5 slow, deep breaths together while putting on pajamas.
- **Make the most of story time.** Check out our collection of big-hearted books with conversation prompts. Of course, any book can spark conversations if you ask the right questions. [bit.ly/DGTRead](https://bit.ly/DGTRead)
- Invite everyone to **list three joys** from their day. Or three things they're grateful for.



"If you want others to be happy, **practice compassion.**  
If you want to be happy, **practice compassion.**"  
-The Dalai Lama

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