Week 10 Activity Packet
May 26-29

"If we all do one random act of kindness daily, we just might set the world in the right direction."
~ Martin Kornfeld
Raising Good Human Beings

I recently asked a wise friend a question: How do we ensure that we are raising good human beings? The wise friend responded with another question: What do we mean by a good human being? We decided to define our goal of ‘good human being’ as:
- A person who is trying and improving, but not perfect
- A thoughtful person
- A good decision-maker
- A caring and unselfish person
- A self-aware person who recognizes personal areas of weakness (humble)

Next came the trickier part – figuring out how to raise and shape a young person with these traits. We settled on the ‘E’s of Love and Logic. Example, Experience and Empathy.

We decided that Example was a pretty tough one. It means we have to behave well – at least in front of our kids. Kidding aside, it means we need to strive to set examples of caring, thoughtfulness and the other traits listed above ALL THE TIME because:
1) If we only fake it in front of the kids, we will inevitably slip up and
2) Kids will pick up on the subtle signals if we are not sincere.

The good news was that the second E, Experience was much easier – because it involves making mistakes and providing life lessons through the consequences of those mistakes. We want kids making affordable mistakes and we also want them watching us learn and recover from our mess-ups.

The final E stands for Empathy. At Love and Logic, we believe sincere empathy is the foundation for our other skills. Putting forth a model of genuine empathy may be the greatest thing we can do toward raising great humans. Kids who develop empathy will be less likely to hurt or take advantage of others. Empathy helps us treat others with more kindness and consideration.

So, it’s simple (not easy). By being intentional about Example, Experience and Empathy, we can have a tremendous impact on the young people in our lives. We believe these efforts will pay off in many ways – some we will see and some we may not even see.

Thanks for reading!
Jedd Hafer


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Age-Appropriate Chores for Children

1-2 Years Old
- Put toys away
- Put dirty clothes in hamper
- Help clean up own messes (spilled milk, water, etc.)

2-3 Years Old
- All previous chores
- Push strollers
- Help set table
- Dust
- Dress themselves
- Take clothes to the sink after meal
- Load/Unload dishwasher
- Make sure knives are in the dishwasher
- Water plants
- Bring mail into the house
- Feed pets and give them water

3-4 Years Old
- All previous chores
- Make bed
- Help clean bedrooms
- Help with snack prep
- Help put away groceries
- Get own drinks
- Put dirty dishes in the dishwasher
- Water plants
- Bring mail into the house
- Feed pets and give them water

4-5 Years Old
- All previous chores
- Make bed
- Help clean bedrooms
- Help with snack prep
- Help put away groceries
- Get own drinks
- Put dirty dishes in the dishwasher
- Water plants
- Bring mail into the house
- Feed pets and give them water

5-6 Years Old
- All previous chores
- Light cleaning of bathroom
- Sweep floors
- Put together lunch for school
- Vacuum small areas
- Help wash the car

6-7 Years Old
- All previous chores
- Wash dishes
- Bring trash to curbside on trash day
- Fold laundry and put away in room

7-8 Years Old
- All previous chores
- Mow the yard
- Wash, dry, and put away laundry
- Make easy meals for family
- Mop floors
- Clean toilets
- Wash windows

8-9 Years Old
- All previous chores
- Mow the yard
- Wash, dry, and put away laundry
- Make easy meals for family
- Mop floors
- Clean toilets
- Wash windows

9+ Years
- All previous chores
- Iron clothes
- Vacuum entire house
- Unload dishwasher
Cut out the headings "kind" and "unkind" that are above. Then, cut out and sort the picture cards on the following page. Is it kind or unkind?

Write about something you can do that is kind.
kicking

hurting bodies

sharing toys

gentle caring touches

not sharing

helping someone that is hurt

invading personal space

making faces

playing together cooperatively

high fives

telling someone they can't play

drawing on someone's work
Kindness

I am kind when...

________________________
________________________
________________________
________________________
## Brain Teasers

Directions: Use the clues given to come up with the correct word or phrase.

<table>
<thead>
<tr>
<th>Name: ___________________________</th>
<th>Date: __________</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BLpig AN pig KET</strong></td>
<td>1</td>
</tr>
<tr>
<td>Count</td>
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</tr>
<tr>
<td>apple</td>
<td>KEEP SMILING</td>
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<td>IT + IT</td>
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</table>
SUNSHINE SCAVENGER HUNT

- Find something frozen.
- Find someone wearing flip flops.
- Find something red.
- Find a grasshopper or other insect.
- Find a cloud shaped like an animal.
- Find someone wearing a hat.
- Find an ant hill.
- Find a butterfly.
- Find a sprinkler.
- Find a bird feeder.
- Find some bubbles.
- Find someone riding their bike.
- Find someone wearing sunglasses.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get a laundry basket and a ball. How many shots can you throw in?</td>
<td>4</td>
<td>Practice dribbling a soccer ball or basketball for 3 minutes.</td>
</tr>
<tr>
<td>Have a family race.</td>
<td>5</td>
<td>Write what you did here.</td>
</tr>
<tr>
<td>Go on a bike ride or nature walk.</td>
<td>2</td>
<td>Time how long you can HulaHoop for!</td>
</tr>
<tr>
<td>Make a paper airplane and see how far it will fly.</td>
<td>2</td>
<td>Play Hide and Seek with your family.</td>
</tr>
<tr>
<td>Do the long jump 3 times. How far did you jump?</td>
<td>3</td>
<td>Create and play hopscotch.</td>
</tr>
<tr>
<td>Crab walk for 1 minute.</td>
<td>3</td>
<td>See how far you can throw a frisbee or ball.</td>
</tr>
<tr>
<td>Time how long you can balance on one foot then switch.</td>
<td>4</td>
<td></td>
</tr>
</tbody>
</table>