



Hi Friends! Welcome to the Family Kindness Kit and Adventure!

My name is Patience Salgado! I am partner & friend to Jorge, and mom to Josiah (11), Jack (8), Lucy (5) and Lyra (3). We live together in a big green house in Virginia but I am convinced we could also very easily live in 700 square ft. flat in London as everyone seems to end up in the same room, bed, bathroom all the time anyway.

Our Guerrilla Kindness adventures started years ago when Josiah was just a baby and a tired mama in a new city needed to know she wasn't alone. Notes left on bathroom mirrors, gift cards left on bus benches and flowers on doorsteps, there was something so magical about it all.

We discovered that so much of our family love and joy unfolded when we allowed kindness to be part of our lives through play.

We hope this short five week journey into kindness is just as meaningful to you and those you love.

We can't wait to hear all about it, oooo and aaahhh over your pictures, stories and more.

Thank you for being part of making families, communities and the world a kinder place!

Warmly,

Patience Salgado
www.kindnessgirl.com



Mission #1- A Playful Kind

What you need for your kit:

Silly String or confetti

Double Dog Dare kit item: (for those who wanna kick it up a notch) Shaving Cream

Rocky Theme Song (Gonna Fly Now)- we recommend www.GrooveShark.com to play it for free

A playful heart

If I told you how many times I've played puppy dog over the years, you would be shocked. Oh how ridiculous I must have looked! Truth be told, almost every toddler on the planet sort of perks up when an adult gets down on the floor or on all fours.

Puppy dog howls, pretending to lick bowls, a small person climbing on your back, all of it brings such delight. Who knew? Puppy dog games eventually turned into tickle fights, hide and seek, etc. I'm not sure why, maybe I was tired or just weighed down by the details and sometimes hardships in life, but I forgot to play with my kids. To really play with them, to be silly, to let them rule the games and ideas, to enter their world in a meaningful way, this was the good stuff.

What would happen if we totally let go and enter this space with our family? Often times play is not only an act of kindness but a catalyst for connecting on a new level.

An overflow of joy is a fertile ground for kindness! Lay the seeds, this is just the beginning!

Here's the mission: Silly String Extravaganza!

1. Leave 5 or 6 cans of silly string on the kitchen table with the mission note attached. Don't say a word.
2. Pick a time and place to have your silly string or confetti extravaganza.

Put your Rocky Balboa music on and invite your kids to get the fun on!

One can goes quick so it's more fun to have a few cans for each person. Team up parents with little kids that may have a hard time pushing the nozzle down. Keeping it short and sweet is the key to keeping it light and fun- long battles of anything leave room for kids to get too wild and overdo.



the
Family
Kindness kit!

Mission #1- A Playful Kind cont.

What you need for your kit:

If you have a really awesome active or zealous kid, take a kids vs. parents approach, it encourages kids to stick together and adults can take a little more razz.

Confetti is better for younger kids, it's easier but makes a bigger mess. Outside is almost always better.

Shaving cream is SUPER fun but better for older school age kids/pre-teens.
(and takes forever to wash out of your hair!)

3. Let kids know the only way you have this playful time is if you clean up together. One person left with the duties is no fun and many hands make light work.

4. Take Pictures! When you are done, in a few days, take one awesome picture and place it on your kid's pillow to find. Include a love note or not, sometimes no words are required.

Invite to cut out:





Mission #2- I Spy Kindness

What you need for your kit:

A family favorite treat!

Paper

Markers

Legos –regular bricks (for younger kids)

Several years ago, the kids at my son's preschool were having a hard time getting along. The team of teachers who I like to refer to as Mrs. Rogers (as in the female version of Mr. Roger's) and my Mother Superior (a la the wisdom of The Sound of Music) came up with a brilliant idea. Instead of calling the kids out, givin' it to them or any other shaming sort of discipline, they decided to document when the kids were being kind to each other.

It was called "The Acts of Kindness List", the kids were challenged to be on a mission to lookout for things other kids were doing for each other. It was the ultimate I Spy of goodness. Before long, the entire energy of the room had changed and the kids were psyched by all the kindness happening.

Without know all this was going on, I was trying to get kids out the door one day when I heard Josiah yell, "Mom!! Jackie-boy is helping Lucy with her shoes! It's an ACT OF KINDNESS!! Write it down! Woohoo Jackie!" and so we started our own list.

I realized my husband did indeed love me by doing the dishes after a long day, that my kids did try to put their clothes away even if it was a total disaster of all the things I had just folded. There was a standing invitation everyday to recognize the beauty all around, to call it in, no matter how small.

Here's the mission: I Spy Kindness!

1. Ask your kids if you can play a game of I Spy...take turns spying colors, and then tell them you spy something yummy or cold or delicious, have a special treat waiting in the kitchen. It doesn't have to be food but preparing something together does kind of help for this mission.



Mission #2- I Spy Kindness cont.

2. A good example is ice cream sundaes- partner or assign each family member to be responsible for preparing another person's sundae. The kids have to find out what the other person wants and help to serve it.
3. While you sit down together to eat, remind the kids to thank whoever helped them. Invite the kids to keep the I spy going, just how they helped each other, for the next week they are on the lookout for other acts of kindness in the family. (just like the sundae helping)
4. Decorate the borders of the list together with the markers and number the side, and leave in a central place where kids/parents can add to it and see it. Start documenting the family goodness. This might require you to lead a little on this mission to get it going but kids usually catch on pretty fast.
5. The Kindness Castle- the same awesome teacher team came up with building a Kindness Castle for younger kids where each act of kindness done would equal one lego brick to build the castle. This was a really great hands on and visual for kids to see that what their kindness was doing.

Thanks and so much love to Jean and Anne for their heart and inspiration behind this mission!



Mission #3- Unkindness & The Giant Love Bomb

There are times in our family life when we aren't exactly, well, feeling kind. Sometimes it is actually a little invitation to take a chance, move beyond our feelings and try it anyway so we can discover the power of it all. Other times however (most times really), it's because we are in need of some kindness ourselves.

The good news is that kindness works both ways, we have to both give and receive it **to really know it**. If there is a family member that isn't quite on the bandwagon yet or if obligation, duty or any other "we should" is coming up in your heart, this mission is for you.

It's sort of a two-parter. If you are the family member planning all of this goodness and the "shoulds" are starting to pop up around finishing the kit or "doing" our kindness, please cancel the family activity and take this week and time to do the following for yourself (any degree of feeling like this warrants this activity, it's never a bad idea):

1. Call or text one friend right now, this moment, and say this as the very first thing out of your mouth... I am tired (or overwhelmed, or sad, or scared, or happy, or worried) because _____, that's all I really needed to say, thanks for listening. And hang up (or feel free to listen to some return kindness from your person). If you can not think of a single kind soul that you can feel comfortable doing that with, call me. My number is (407) 900-KIND. I would be delighted if you would.

2. Pick one small tiny thing that buy for yourself that brings just a splash of joy to you- a small bar of good chocolate, a pint of raspberries, a bouquet of fresh flowers, a small little piece of art or jewelry at the farmer's market, something, anything. If I am super strapped, I head on over to the thrift store- a surprise cute vintage dress for \$5 does my heart a load of good. Things won't solve our occasional blues but the intentional act to care for ourselves is important learning to receive kindness.

3. Head to your happy place! Nature, I need it man. If I can be outside, alone, even for just a bit, I get my head rearranged or just a little charge. Is it the comfy chair at the coffee shop where you can look at a real book or in a movie theater with a tub of popcorn just for you or is it scrubbing your bathroom till it shines while alone in your house (don't laugh- this totally does it for some of us!) ?



Mission #3- Unkindness & The Giant Love Bomb cont.

Whatever it is, go to it. Be the girl (or guy) that is a little desperate or needy and has to ask her neighbor to watch her kids because chances are she is feeling the same way and will feel like she can ask you now. Do it! And then do it again. Yes, again.

4. Print out a few of the special cards attached from the kit and put them places you might see them, the pantry, your underwear drawer, on top of the dryer. We all need to see, be seen and know all we do and are matters. If we give that to ourselves, it will so easily be given to others.

The truth is, we can't really lead our family in kindness unless we have it rooted deeply in ourselves, until we really know what it means to feel it when we need it most.

Part 2- The Giant Love Bomb

Pick one member of your family to drop a big ole' love bomb on. Don't worry, you can take turns doing this for each other if you want. The conspiring together ends up being the really fun part.

1. Pick a meeting time and place where you can get together and make some cards without your loved one. You can make cards expressing your love with markers and crayons or use the kit fill-in-the blank cards.

Here are some ideas to get you going:

I love you because _____.

You are awesome because _____.

It's so crazy amazing how you _____.

Do you know my favorite thing about you? It's _____.

Smaller kids can draw pictures instead of using words, they are just as magical.

Wake up early one morning and leave a trail of these notes and cards from his/her bed, all the way down the stairs and hall to the breakfast table.



Mission #3- Unkindness & The Giant Love Bomb cont.

2. Extra: Think of one thing your person may love and use it as a theme! Does your little guy love matchbox cars? Tie the messages to the cars. You can attach the notes to balloons, and fill the bedroom or car with balloons and messages.

3. Leave the notes in the strangest places for your love bomb person to discover later. Good hiding spots are:

Pockets

Cereal boxes

Lunchboxes

Shoes

Drawers

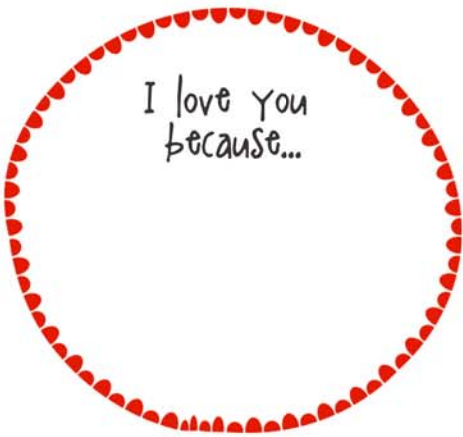
The Shower

The toilet seat! The weirder, the better.

4. The Bomb approach is a good one meaning a CRAZY amount of these bad boys or something quiet and simple can be just as lovely. You guys decide what best fits your family member.

5. Let the person receive this love in whatever is most comfortable for him or her. Some people will have a big response, others will receive the love quietly, there is no measure or judgement.


6. If this is a hit, do it again! Pick a different family member and start bombin'!




I love you
because...



It's amazing how
you...



Remember that
time we...




I adore that
you...



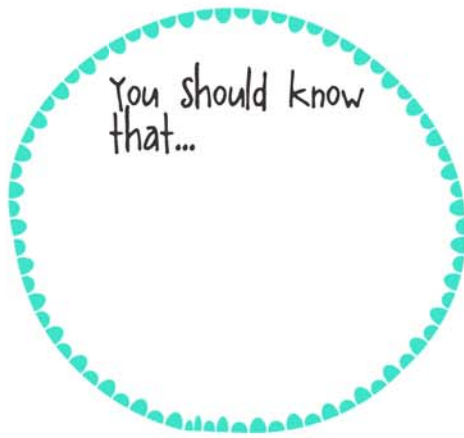
One of my
favorite things about
you is...




Thank you
for showing me...



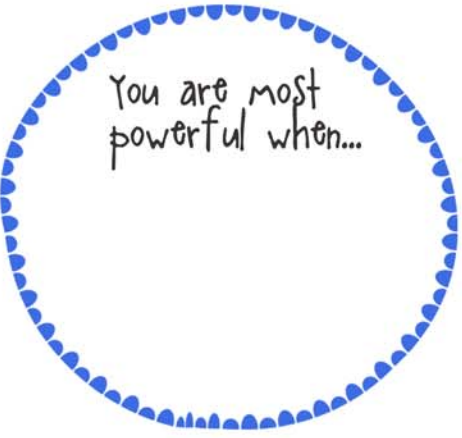
My wish for
you is...



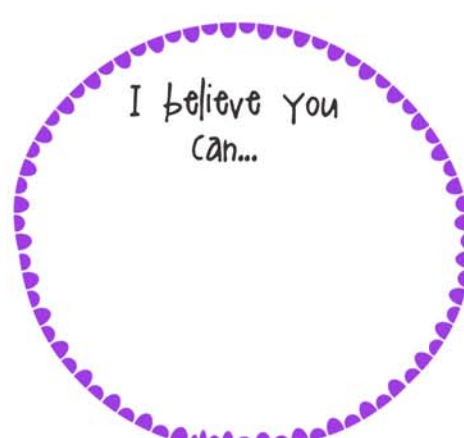
You should know
that...




I am most
proud of...



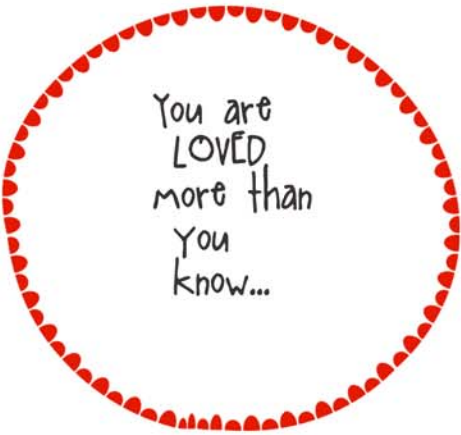
You are most
powerful when...



I believe you
can...




I love you so
much I can barely...



You are
LOVED
more than
you
know...




YOUR contributions
make this thing
beautiful...



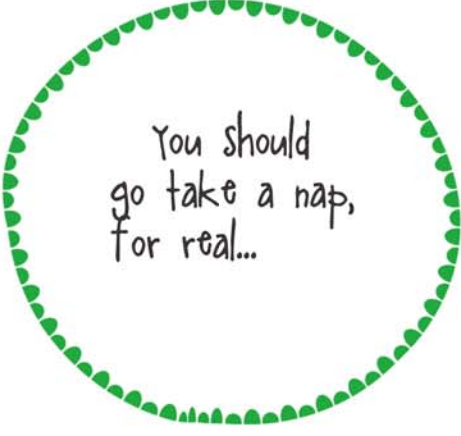
You can ask
for what you
NEED...




You are so
beautiful, in
all the BEST
ways...



It's okay if
it doesn't get done,
really, truly...




You should
go take a nap,
for real...




You are
doing an amazing
job with these
kids, they are so
LUCKY!




You are not
alone...




You can trust
your heart...



You can be
ALL the things—happy,
sad, frustrated, scared,
strong, all of it, at
the same time...



You can do
this...you ARE
doing it.



Kindness will
find you, call
her in...



Mission #4- Ding Dong Ditch

What you will need:

One person/family that your family adores

A small gift, card, flowers or a favorite thing of the person/family you are Ding Dong Ditching

Sneakers, super fast shoes- good for quick get-a-ways

The kit Ding Dong Ditch card

Now it's time to spread the kindness you have learned to some kind soul beyond your family. Kindness Ding Dong Ditching is a spin on the old prank but instead of just ringing the doorbell and running away, you leave a little gift behind. (and then run like the wind!)

It may be the most fun you'll ever have, I have almost peed my pants on more than one occasion. Maybe it's the fear of getting caught or the excitement of running away, but this kindness is most exhilarating! Kids LOVE it!

1. Gather you family and decide on one or two people that you would like to do something special for.

2. Brainstorm on what might be meaningful or fun to leave. Try to keep it inexpensive and non-perishable.

Some good ideas:

Flowers

Heartfelt Cards/Kid Art

Ding Dongs

Gift Cards

Art Kit or some other small basket with small toys for kids

Balloons



Mission #4- Ding Dong Ditch cont.

3. Keep in mind- It is better to do this mission during the day, people get scared at night. It's safer for everyone.

It's okay if you get caught! Laugh at yourself and share a moment together, maybe eat a Ding Dong!

Be sure to pick someone you know for this first time adventure, the personal connection will help kids and gently introduce the idea of anonymous kindness.

Make it a day! Do something fun to gather your DDD item that you are going to leave. The more kids are allowed to make decisions and be part of the process, the more invested they are in it being successful.

Laugh a lot! Do it anyway, even if your person isn't home, it's good practice. Have fun!



Kindness
changes
Everything!

You just got DING Dong Ditched as part of
a family kindness mission because you are
pretty awesome... Tag! You're it!

people that love you

www.kindnessgirl.com



Mission #5- Kindness Goes Forth!

What you will need:

Lots of high fives!

The Kindnessgirl.com Guerrilla Goodness List

Kindness cards from the kit

This is it, your last mission! You allowed kindness to stir in your heart, you found it, you poured it on each other and people you love, now you get to release it in the WORLD! It's time to get super Guerrilla.

1. Reflect over the last few weeks. Let each family member answer a couple of these questions:

What was your high?

What was your low?

What surprised you about your family adventures in kindness?

What do you want to do again?

What do wish other people knew about kindness?

2. Talk your kids about offering kindness to people you don't know. There is power in putting kindness out into the world even if we never see who receives it. We get to imagine who might find it and what their story may be. We get to be part of making the world a kinder place.

3. As a family, pick one mission off the Guerrilla Goodness main page or come up with your own mission! Plan a time to go, maybe you can even ask a friend or another family to go with you!

Some safety tips: Go in daylight and together, respect space and property, and HAVE FUN!

Be sure to take some kindness cards so people know about the project and can join us!

4. Celebrate! Do something special after to celebrate all you have learned and how you have grown together! Send us pictures, share your story...let kindness change everything!

Thank you for downloading the kit and being part of the Kindnessgirl community!

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{ random acts of kindness can change the world }



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{ intentional, anonymous, creative acts of kindness }



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{ ...because kindness changes everything }



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