

## Nurturing Kindness and Empathy

Knack and Toof are looking through a photo album together. We see current and older pictures of the Capsule family in many settings. The photos portray a family who accept each other and treat each other with respect and kindness.

**Narrated Message //** *We are role models for our children, who are reflections of our most important values and culture. Our teachings are based on honesty and truth. We cherish harmony and peace. We have respect for each other, for the land and for the animals and plant life that surrounds us. A great way to encourage kindness is to model these behaviours in our own actions. Our children watch us carefully and observe our relationship with others, how we listen to each other and how we treat each other. When we are kind and caring, and encourage our children to be the same, we instill in them a sense of empathy and help create safe, inclusive and accepting schools.*

### IDEAS

- Realizing that our children are watching our interactions with them and others. Being aware of everyday interactions we have and how they affect our children, for better or for worse. Being positive role models by treating others with care and respect might mean showing how we can apologize and fix the problem when we've made mistakes.
- Accepting that we can be part of the cycle of change, and that we all make mistakes and can fix any harm done.
- Treating each other kindly when we have different views can be hard. Listening carefully and talking respectfully with others even when we disagree can go a long way. Working together we can build caring and accepting homes, schools and communities by fixing problems early and honestly, and with respect.

## QUESTIONS FOR GROUP DISCUSSION

### Family Members

1. What are some of the messages in this film?
2. What are some actions that teach children about respect for others?
3. Who are some positive role models in your family, school or wider community? What makes them good role models?
4. Why is it hard to talk with someone you disagree with?
5. Why do you think saying sorry is important? What makes an apology meaningful?
6. Does your school community celebrate kindness and respect for everyone? As an Aboriginal family member do you feel seen or heard in your school community? In what ways?
7. How would you describe a home or school that is safe, caring and inclusive? What characteristics would it have?

### School Staff and Community Leaders

1. In what ways do you model kindness and empathy in your classroom?
2. What are some of the components of careful listening and healthy communication?
3. How would you describe your school community's conflict resolution practices?
4. Why do you think saying sorry is important? What makes an apology meaningful?
5. How can your school staff contribute to respecting and celebrating diversity? What policies and practices could be implemented to ensure that Aboriginal students and families feel welcome and respected? How could your board support you in these efforts?
6. How would you describe a community that is safe, caring and inclusive? What characteristics would it have?
7. What additional ideas do you have that might further support and meet the specific needs of Aboriginal children and family members?