

# PROJECT

## Parents & Carers

### Practicing **empathy and kindness**

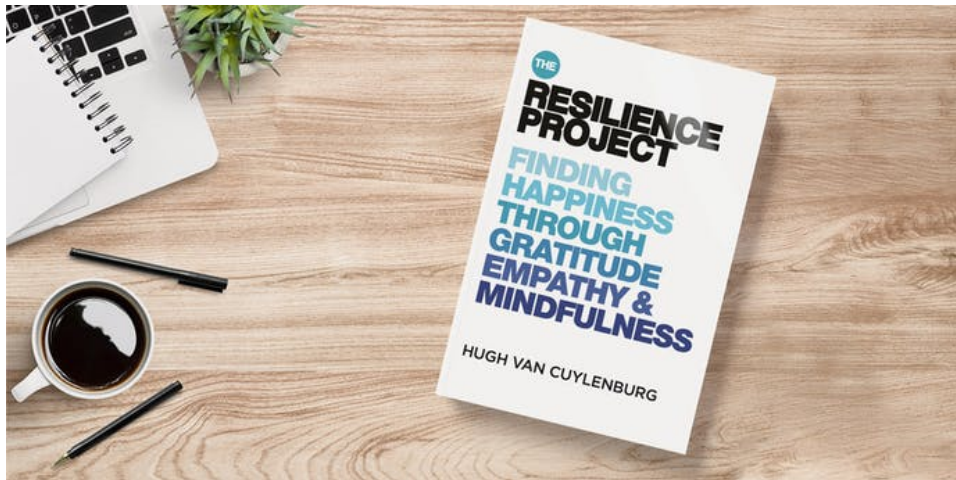
With Anzac day approaching, what better time to practice **empathy and kindness**?

Check out this amazing video that tracks an act of kindness throughout a single day - [Kindness Boomerang - "One Day"](#).

After watching the video, **pick three people from your contact list** on your phone and send them a message or call them. Ask them how they are going and thank them for something they have done for you.

If you have some time, complete a **random act of kindness** for someone. Here are some ideas to get you started:

- Offer your seat to someone else on a train/tram
- Let someone in, in a traffic jam
- Compliment someone genuinely
- Hold the door open for someone
- Smile at someone you don't know
- Thank someone for helping you in the last few weeks



Interested in delving deeper into the research behind being **kind**? [CLICK HERE!](#)