

10 WAYS TO KEEP CHOOSE TO BE NICE GOING ALL SUMMER LONG AT HOME

- 1. HANG THE CHOOSE TO BE NICE PROMISE UP IN YOUR HOUSE.** Have your child create a poster or work of art showcasing the Choose To Be Nice promise: **“I promise to help spread kindness wherever and whenever possible.”**
- 2. CREATE A CHOOSE TO BE NICE SUMMER READING LIST.** Visit the library and check out books where the characters show kindness and make the world a better place.
- 3. MAKE NEW FRIENDS.** Have a conversation with your child about how he/she defines a good friend. Then, challenge them to make as many new friends as possible over the summer.
- 4. CREATE A “NICE NOOK” IN YOUR HOUSE.** “Nice Nooks” are quiet spaces where children can calm down and connect with their emotions. Work with your child to decorate a “Nice Nook” in your home for family members to enjoy.
- 5. CREATE A CHOOSE TO BE NICE CHALK MURAL.** Write inspiring messages using chalk on the sidewalk or street in front of your house or in a nearby park.
- 6. PLAN A FAMILY SERVICE PROJECT.** Work together as a family to give back to your community. Examples include donating old toys, picking up trash, or running a fundraiser for a local charity.
- 7. START A CHOOSE TO BE NICE CONVERSATION AT THE DINNER TABLE.** Pick a Choose To Be Nice value (**Respect, Kindness, Acceptance, Teamwork, Honesty, Responsibility, Friendship, Patience, Courage**) to discuss each week. Invite each family member to ask a question related to the value. For example: “Share a time you showed kindness in a difficult situation. How did it make you feel?”
- 8. SAY THANKS.** Have your child make a list of people that helped them during the school year and send each one a hand-made thank you card or our **Sunflower Postcard**.
- 9. KEEP A CHOOSE TO BE NICE JOURNAL.** Invite your child to write in their **CTBN Journal** about what they are grateful for each day.
- 10. DO A DAILY NICE.** Using our **Daily Nice Planner**, create a list with your child of small things you both can do every day to spread kindness.



Check our **Family Resources Page** on our website for lots of great activities you can use all summer long.