**Online Kindness**

"No act of kindness, no matter how small, is ever wasted." Aesop

Dear Families,

I remember when my daughter Daisy was in primary school and there were some unkind things being posted online about other students in her year level. The comments were hurtful and made by others without too much thought. Daisy brought her iPad to me and showed me the chat. I was so proud of her that not only did she choose not to get involved, but she took some action, even though she had no idea what to do. I became involved in the online conversation, saying something like, "This is Andy, Daisy's dad. What is being said online in this group is unkind and I would like you to stop it please." And that was the end of the conversation. I contacted some of the parents who I had a good relationship with and together we helped guide our children to take responsibility for their actions. This was all thoughtfully handled together as a group before school resumed on the following day. Luckily, this time we were successful as this hasn't always been the case with my parenting! Social media on the other hand can be used for such amazing things in our community. It can be a great way to show kindness and compassion towards others.

Here are a few ideas that may help foster kindness and compassion while online. Choose the one that best fits your family.

- Send an online kindness message to a friend or relative that you have not contacted in a while.
- Complete a 'Random Act of Kindness' to someone online.
- Create a 'Kindness' group on one of your favourite age-appropriate apps. Consider including others who you don't normally spend time with.
- Send a kind message to someone online that you don't normally talk to.
- Use one of your favourite age-appropriate apps to share pictures of nature with each other.

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." Lao Tzu

Enjoy bringing kindness to the lives of each other this week.

Andy McNeilly
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