



WEEK ONE

TITUS 3:4-7

Kindness Principle

ASK
THIS

What does kindness
look like?



WEEK ONE

TITUS 3:4-7

Kindness Principle

ASK
THIS

What does kindness
look like?

DO
THIS



MORNING TIME

Send a text or write a note to your preteen reminding them of this: "Showing kindness to others isn't about getting the credit. It just means you are doing your part to love others well. Keep up the good work!"

DO
THIS



MORNING TIME

Send a text or write a note to your preteen reminding them of this: "Showing kindness to others isn't about getting the credit. It just means you are doing your part to love others well. Keep up the good work!"

REMEMBER THIS

"Do to others as you want them to do to you."
Luke 6:31, NIV

REMEMBER THIS

"Do to others as you want them to do to you."
Luke 6:31, NIV

LIFE
APP

KINDNESS – Showing others they are valuable
by how you treat them

LIFE
APP

KINDNESS – Showing others they are valuable
by how you treat them

BE KIND TO YOURSELF

by Sarah Bragg

It doesn't take long to realize that we tend to develop our identity based on our behavior. That's true for your life and for your kid's life. We make statements like . . .

"I'm a failure."
"I'm a screw-up."
"I'll never get it right."
"I'm unlovable."

These are statements we would never say to someone we love; yet we freely say them to ourselves. And our kids do, too.

In this phase of adolescence, kids think about themselves and their identity a lot. Besides their appearance, nothing shapes their identity more than their performance.

Preteens perform for parents, teachers, coaches, peers, and social media. So when a performance falls flat or even fails, self-abasement tends to follow. Girls tend to blame themselves, taking on the identity of being a failure, whereas boys tend to blame others for their failures.

During this phase, we need to help our kids to learn how to speak to themselves like they would to a close friend. We need to help them learn compassionate self-talk.

So how do you teach self-compassion during this phase? It begins by retraining the voice in your kid's head, which honestly, may begin with you retraining the voice in your own head. Just like other emotional intelligence qualities,

self-compassion can be learned and developed over time.

Begin with this simple phrase: "BE KIND TO YOURSELF."

When you look in the mirror and don't like what you see say, "Be kind to yourself."

When you are passed by for the promotion say, "Be kind to yourself."

When you mess up, burn dinner again, fail to close the deal, or miss the event, say, "Be kind to yourself."

Start with you. Let your kids watch you show yourself kindness.

And when they mess up, fail the test, go another Friday without a date say, "Be kind to yourself." We all make mistakes or we all have moments where we aren't chosen. But that doesn't change our identity. It doesn't define who we are. Don't let that determine how you see yourself. What would you say to a good friend in the same situation?"

START THERE. AND CONTINUE TO BEAT THAT DRUM OF SELF-COMPASSION.

Let's make kindness a key building block to our kids' and our own identity. When we live out of a place of kindness towards ourselves, then we can pass that kindness on to others.

For more blog posts
and parenting resources, visit:
ParentCue.org

Download the free [Parent Cue App](#)
AVAILABLE FOR IOS AND ANDROID DEVICES

BE KIND TO YOURSELF

by Sarah Bragg

It doesn't take long to realize that we tend to develop our identity based on our behavior. That's true for your life and for your kid's life. We make statements like . . .

"I'm a failure."
"I'm a screw-up."
"I'll never get it right."
"I'm unlovable."

These are statements we would never say to someone we love; yet we freely say them to ourselves. And our kids do, too.

In this phase of adolescence, kids think about themselves and their identity a lot. Besides their appearance, nothing shapes their identity more than their performance.

Preteens perform for parents, teachers, coaches, peers, and social media. So when a performance falls flat or even fails, self-abasement tends to follow. Girls tend to blame themselves, taking on the identity of being a failure, whereas boys tend to blame others for their failures.

During this phase, we need to help our kids to learn how to speak to themselves like they would to a close friend. We need to help them learn compassionate self-talk.

So how do you teach self-compassion during this phase? It begins by retraining the voice in your kid's head, which honestly, may begin with you retraining the voice in your own head. Just like other emotional intelligence qualities,

self-compassion can be learned and developed over time.

Begin with this simple phrase: "BE KIND TO YOURSELF."

When you look in the mirror and don't like what you see say, "Be kind to yourself."

When you are passed by for the promotion say, "Be kind to yourself."

When you mess up, burn dinner again, fail to close the deal, or miss the event, say, "Be kind to yourself."

Start with you. Let your kids watch you show yourself kindness.

And when they mess up, fail the test, go another Friday without a date say, "Be kind to yourself." We all make mistakes or we all have moments where we aren't chosen. But that doesn't change our identity. It doesn't define who we are. Don't let that determine how you see yourself. What would you say to a good friend in the same situation?"

START THERE. AND CONTINUE TO BEAT THAT DRUM OF SELF-COMPASSION.

Let's make kindness a key building block to our kids' and our own identity. When we live out of a place of kindness towards ourselves, then we can pass that kindness on to others.

For more blog posts
and parenting resources, visit:
ParentCue.org

Download the free [Parent Cue App](#)
AVAILABLE FOR IOS AND ANDROID DEVICES