K is for Kind Study 2026

How caregivers see kindness in their children and the world around them

U.S. NATIONALLY REPRESENTATIVE SAMPLE
CAREGIVER INTERVIEWS · N = 2,080 · OCTOBER 2026



SESAME WORKSHOP



K is for Kind, 10 years later

A decade after our original “K is for Kind” study, families are navigating a dramatically different social and cultural landscape. We returned to the research to understand what has changed, what has endured, and what parents’ perspectives can tell us about the role of kindness in children’s lives today.

These findings give us a clearer picture of what families need today and how Sesame Workshop can continue supporting children as they learn to navigate the world with kindness and resilience.

A nationwide caregiver study on children's kindness

The K is for Kind Study 2026 is a nationally representative survey of 2,080 parents and caregivers of children aged 3 to 8 in the US, about their views and experiences of children's kindness. It is a follow-up to Sesame Workshop's 2016 survey, "K is for Kind: A National Survey on Kindness and Kids."

Questions repeated from 2016 show how caregivers' ratings of their children, their parenting priorities, and their concern about the world have changed. New questions, including a compassion rating and open-ended questions, ask caregivers to describe kindness in action, including moments they have seen their child practice kindness toward others and times when kindness was hard.

2,080

completed caregiver interviews

3-8 years old

child age range

50

U.S. states

OCT 2026

field period

Caregivers rate their children as kinder and more resilient than in 2016, and value empathy over manners

91.5%

Rate their child highly for kindness

+5.0 pp since 2016

73.5%

Rate their child highly for resilience

+12.2 pp since 2016

64.4%

Say empathy matters more than good manners

+23.5 pp since 2016



Concern about kindness is growing

79.9%

Often worry the world is an unkind place for children

+10.5 pp since 2016



53.5%

Say kindness is not a priority for most people

+10.4 pp since 2016

2.8/5

Average American kindness rating

Caregivers most often described national kindness as moderate

Acts of kindness from children

MAKING ROOM FOR EVERYONE

"I get to see that every day. She has a best friend who's deaf, and she's taken the time to **learn ASL and teach all of us ASL** so she can communicate with her friend."

CHILD AGE 7 · Q10

NOTICING AND RESPONDING

"He thought I might be cold, so he **got the blanket** so he could make sure I was warm."

CHILD AGE 8 · Q7

SHARING WHAT YOU HAVE

"The child was hungry, and my child had just enough lunch for themselves, but **they ate less lunch in order to share** with the other child."

CHILD AGE 3 · Q7

STANDING UP FOR A FRIEND

"It was difficult for my daughter to stick up for her friend, who was being bullied. **My daughter intervened**, even at the expense of being ridiculed herself."

CHILD AGE 8 · Q9

LEARNING BY EXAMPLE

"I think it's not only about teaching your child. I think it's about your child **watching you show kindness**. That's more important."

CHILD AGE 4 · Q15

A THOUGHTFUL SURPRISE

"My daughter wanted to welcome me back after a long drive and decided to stay up late and **draw me something** to show that she missed me."

CHILD AGE 4 · Q6

Four key findings

01 **HOW CAREGIVERS SEE CHILDREN**

Caregivers rate children as kinder and more resilient, with lower anxiety and difficulty ratings than in 2016.

02 **PARENTING PRIORITIES**

Caregivers put empathy ahead of manners and want schools to teach social and emotional skills as much as academics.

03 **THE WIDER SOCIAL CLIMATE**

Caregivers worry more than in 2016 that the world is unkind to children. They see the average American as moderately kind.

04 **KINDNESS IN ACTION**

Caregivers say children mostly act kindly on their own, and sharing is both their most common kind act and most common challenge.

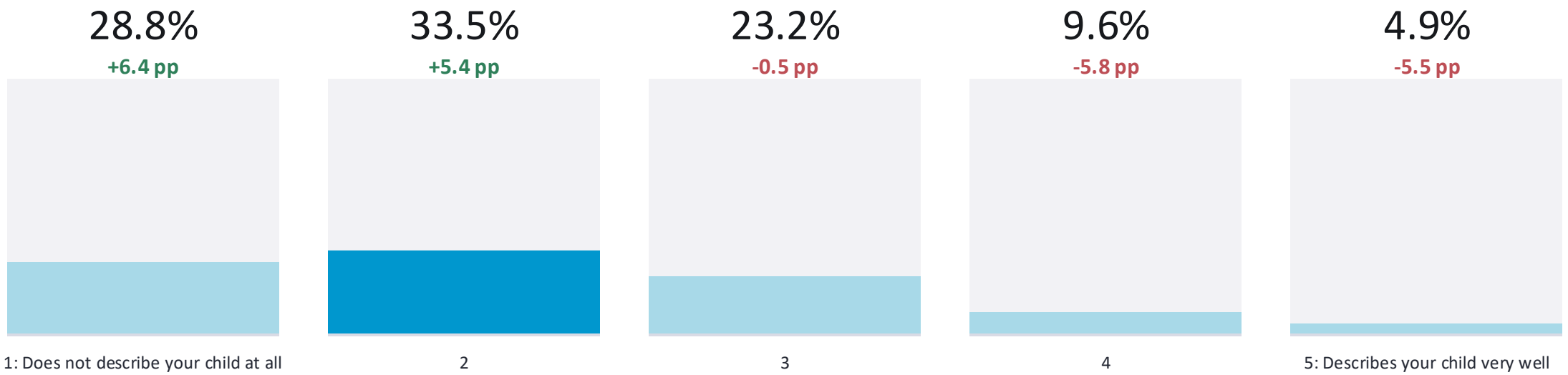


Caregivers are less likely to rate their child as difficult than in 2016

Most caregivers gave their child a low difficulty rating: 62% chose 1 or 2 out of 5. Fifteen percent chose 4 or 5.

How much does the following word describe your child? ***Difficult***
On a scale from 1 to 5, where 1 means "does not describe your child at all" and 5 means "describes your child very well."

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



LOWER HIGHER →

SUBGROUP & REGIONAL INSIGHTS

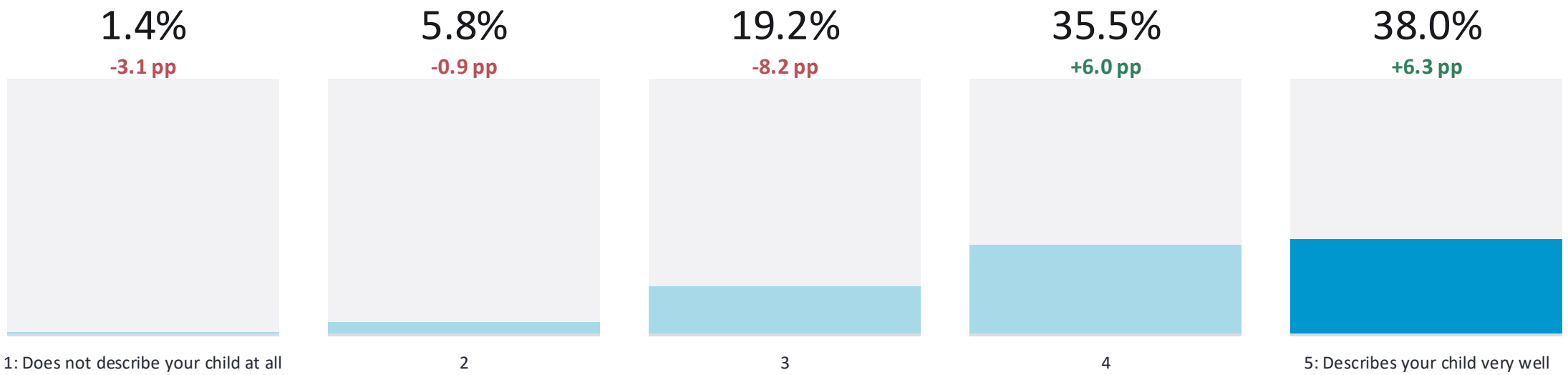
Caregiver age is the only notable predictor of child difficulty ratings: older caregivers report slightly lower difficulty (averaging 0.1 points lower on a 5-point scale for every decade of age, $p = 0.0257$). Ratings show broad parity across child age cohorts (age 3–5 mean: 2.31 vs. age 6–8 mean: 2.25, $p = 0.2443$), child gender, and geographic regions.

Caregivers are more likely to rate their child as resilient than in 2016

Most caregivers gave their child a high resilience rating: 74% chose 4 or 5 out of 5. Resilience ratings are significantly higher for younger children.

How much does the following word describe your child? ***Resilient***
On a scale from 1 to 5, where 1 means "does not describe your child at all" and 5 means "describes your child very well."

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



LOWER HIGHER →

SUBGROUP & REGIONAL INSIGHTS

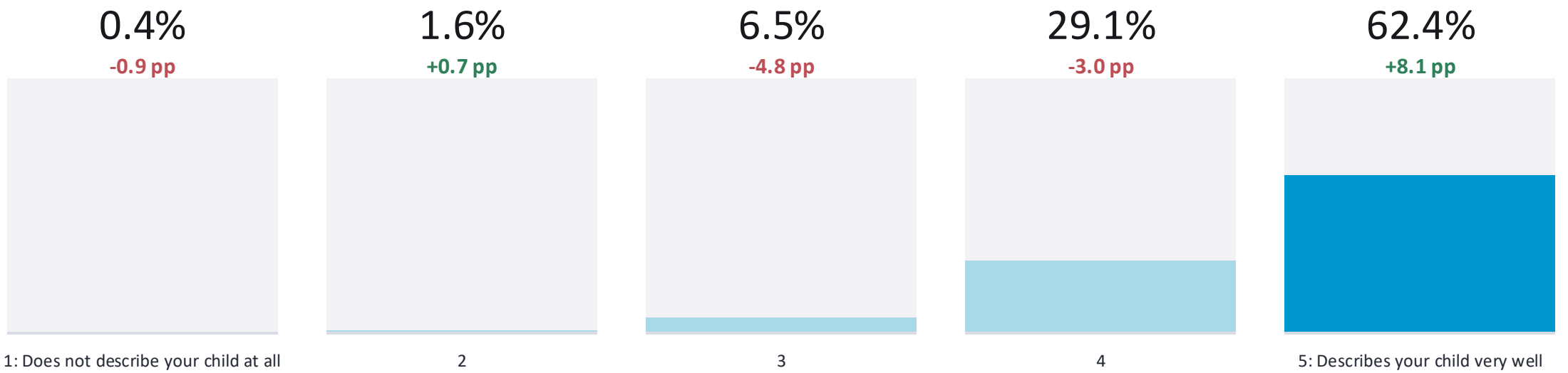
Resilience ratings are significantly higher for younger children (age 3–5 mean: 4.08 vs. age 6–8 mean: 3.97, p = 0.0148) and for girls compared to boys (mean: 4.08 vs. 3.98, p = 0.0117). Asian caregivers report lower average resilience ratings (scoring 0.49 points lower on a 5-point scale, p = 0.0006). No significant differences were found across geographic regions.

Caregivers are even more likely to rate their child as kind than in 2016

Caregivers rated their child as kind: 91.5% chose 4 or 5 out of 5, including 62% who chose the highest rating.

How much does the following word describe your child? ***Kind***
On a scale from 1 to 5, where 1 means "does not describe your child at all" and 5 means "describes your child very well."

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



LOWER

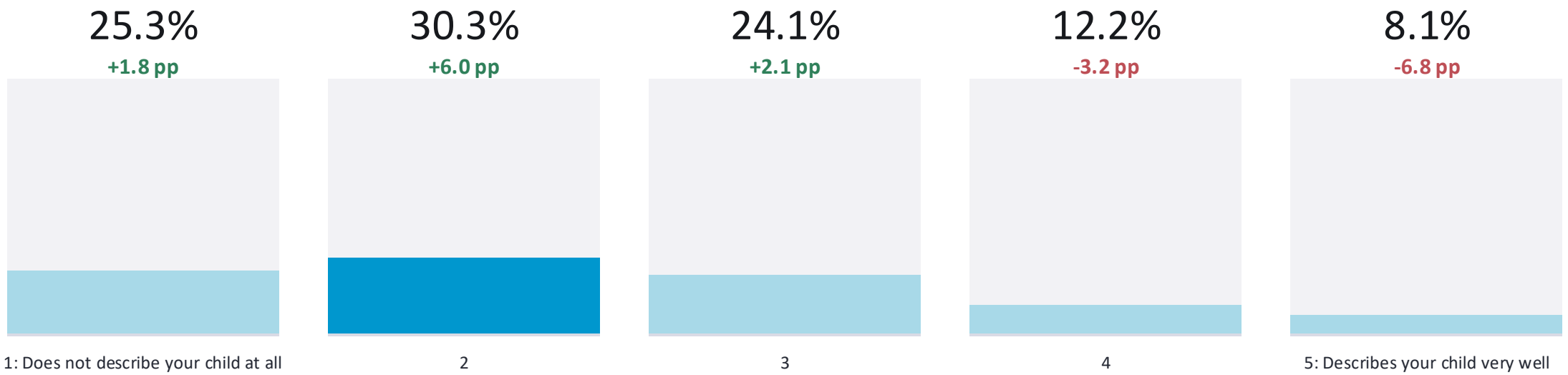
HIGHER →

Caregivers are less likely to rate their child as anxious than in 2016

More than half of caregivers gave their child a low anxiety rating: 56% chose 1 or 2. Nineteen percent chose 4 or 5.

How much does the following word describe your child? ***Anxious***
On a scale from 1 to 5, where 1 means "does not describe your child at all" and 5 means "describes your child very well."

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



LOWER HIGHER →

SUBGROUP & REGIONAL INSIGHTS

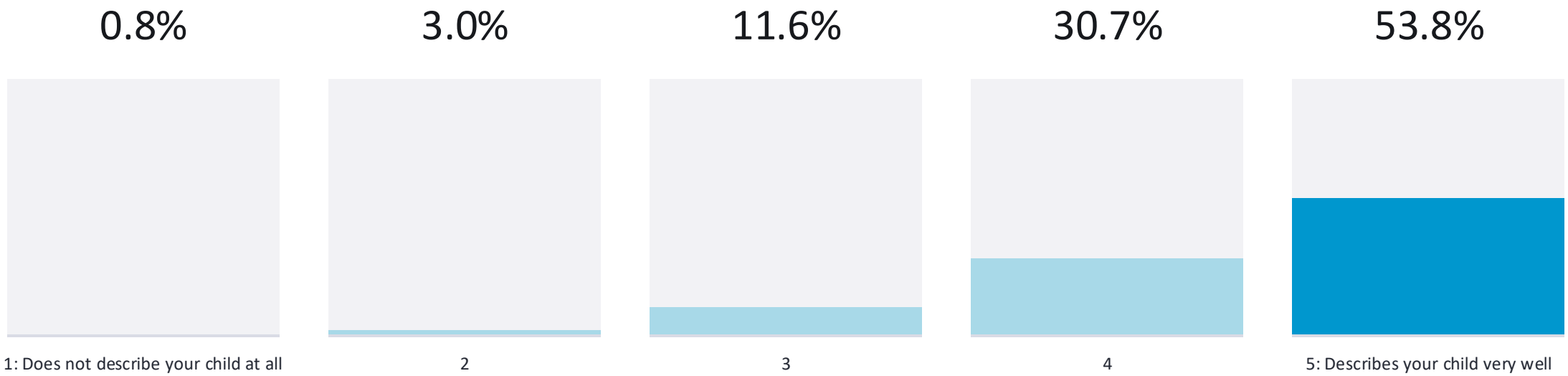
Child anxiety increases sharply with age: caregivers rate older children as significantly more anxious (age 6–8 mean: 2.63 vs. age 3–5 mean: 2.33, $p < 0.0001$; rising 0.12 points per year of child age). Black caregivers report slightly higher anxiety ratings (+0.26 points on a 5-point scale, $p = 0.0044$). Ratings do not differ significantly by child gender or geographic region.

Most caregivers describe their child as compassionate

84.5% caregivers chose 4 or 5 on the five-point scale. Ratings are higher for girls than boys, mothers than fathers, and among Black caregivers. This item was new in 2026.

How much does the following word describe your child? ***Compassionate***
On a scale from 1 to 5, where 1 means "does not describe your child at all" and 5 means "describes your child very well."

PERCENT OF VALID ANSWERS



LOWER HIGHER →

SUBGROUP & REGIONAL INSIGHTS

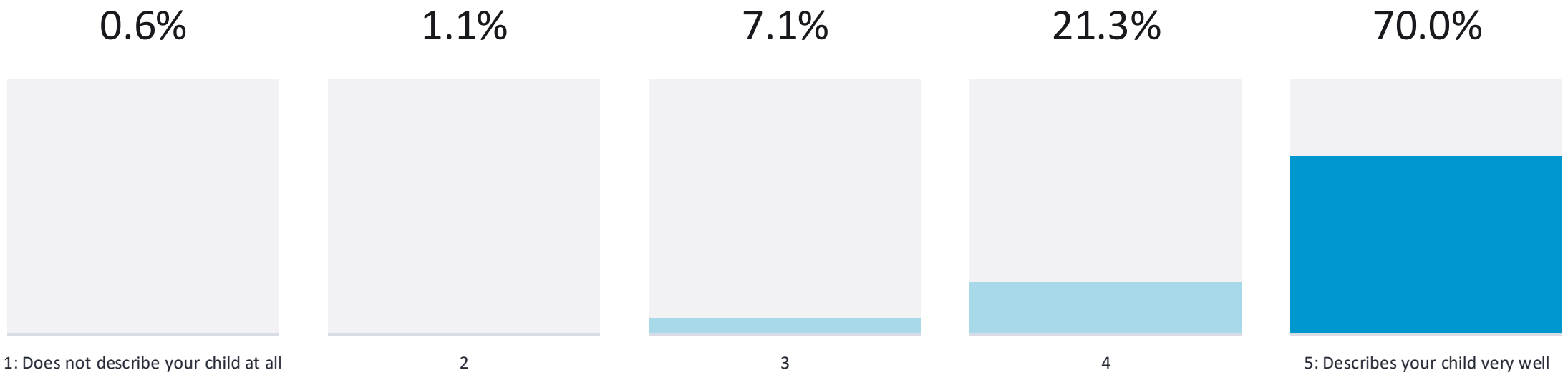
Compassion ratings are significantly higher for girls than boys (mean: 4.22 vs. 4.09, p = 0.0019), higher among mothers than fathers (scoring 0.14 points higher, p = 0.0073), and higher among Black caregivers (+0.13 points, p = 0.0148). Regionally, Midwest caregivers report lower compassion scores (mean: 4.19 vs. South: 4.40 and Northeast: 4.39, p = 0.0004). No child age differences were found (p = 0.2214).

Curiosity is the most strongly rated child trait, highest among age 3-5

Most caregivers described their child as curious: 92% chose 4 or 5, and 71% chose the highest rating. Ages 3–5 average 4.64, against 4.55 for ages 6–8.

How much does the following word describe your child? ***Curious***
On a scale from 1 to 5, where 1 means "does not describe your child at all" and 5 means "describes your child very well."

PERCENT OF VALID ANSWERS



LOWER HIGHER →

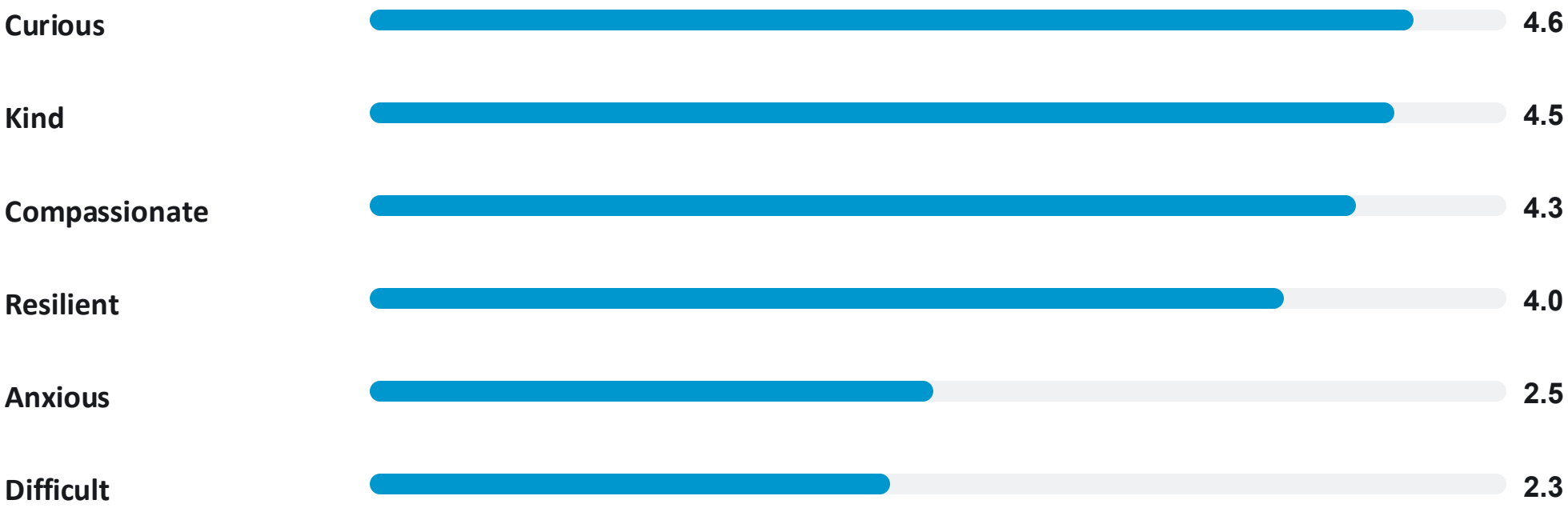
SUBGROUP & REGIONAL INSIGHTS

Curiosity is highest among younger children (age 3–5 mean: 4.64 vs. age 6–8 mean: 4.55, p = 0.0062) and is rated slightly higher by mothers than fathers (+0.08 points, p = 0.0355). In adjusted models, Southern caregivers report slightly lower curiosity ratings (-0.16 points, p = 0.0004).

Caregivers gave the highest average ratings to curiosity, kindness, and compassion. Difficulty and anxiety were rated lower

How much do the following words describe your child? On a scale from 1 to 5, where 1 means "does not describe your child at all" and 5 means "describes your child very well."

AVERAGE RATING (OUT OF 5) · 5 = DESCRIBES YOUR CHILD VERY WELL

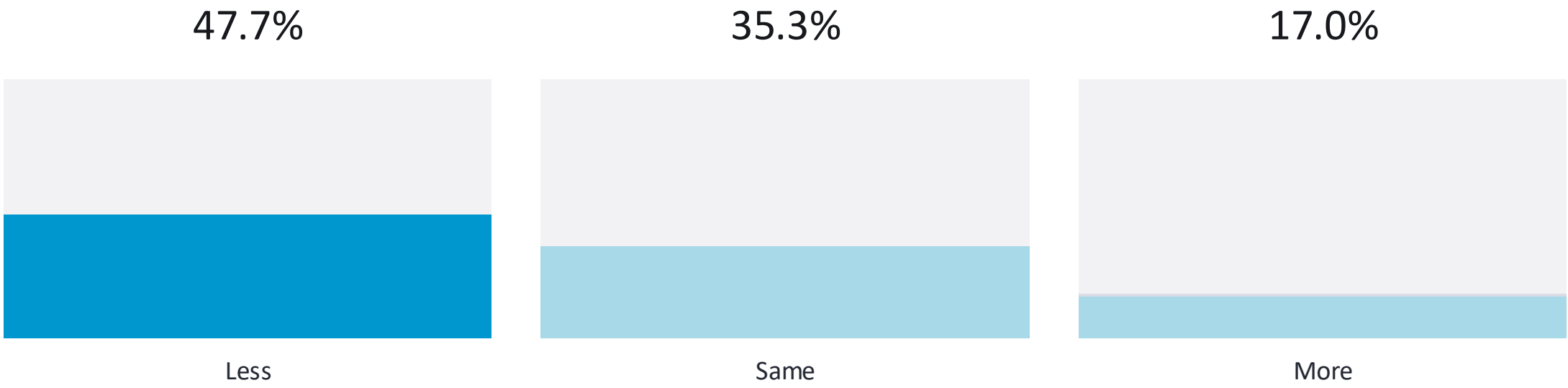


Caregivers see their child as less difficult than peers, though boys are rated more difficult than girls

Caregivers most often said their child was less difficult than other children (48%). About 35% said about the same, while 17% said more difficult. Mothers were 53% more likely than fathers to say their child is more difficult.

*For **difficult**, would you say your child is more, less, or about the same as the average child you know?*

PERCENT OF VALID ANSWERS



SUBGROUP & REGIONAL INSIGHTS

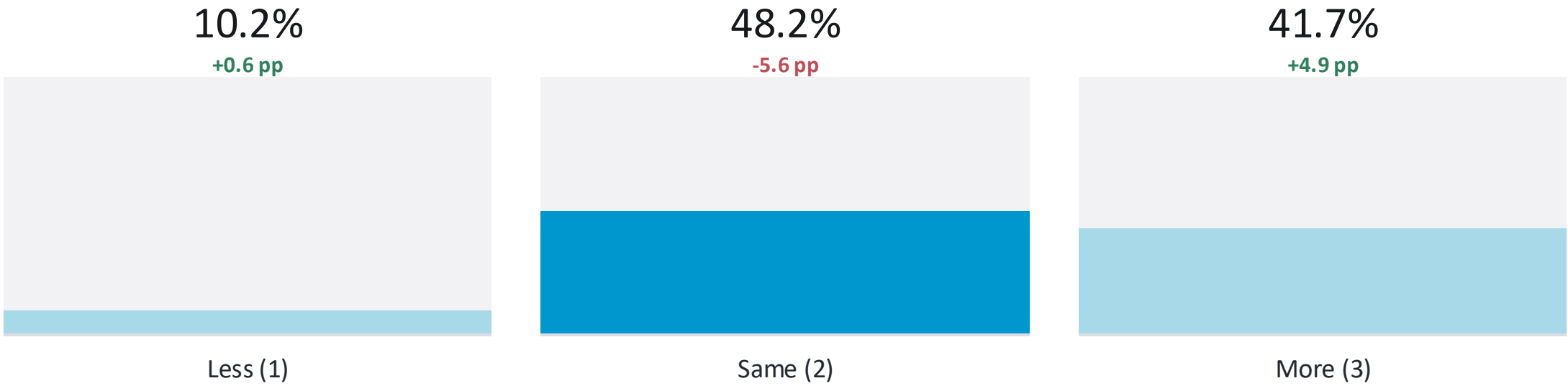
Boys are significantly more likely than girls to be seen as more difficult than peers (18.1% vs. 12.4%; girls have 33% lower odds, p = 0.0052). Mothers are 53% more likely than fathers to rate their child as more difficult than peers (p = 0.0102). The likelihood of being seen as more difficult rises by 9% per year of child age (p = 0.0453), while Black caregivers are 36% less likely to rate their child as more difficult than peers (p = 0.0359).

More caregivers now see their child as more resilient than peers

41.7% said their child was more resilient than peers, up 4.9 percentage points from 2016, while 48.2% said about the same. Dads are more likely to see their child as resilient and younger children are more often seen as resilient.

*For **resilient**, would you say your child is more, less, or about the same as the average child you know?*

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



LOWER HIGHER →

SUBGROUP & REGIONAL INSIGHTS

Fathers are 43% more likely than mothers to rate their child as more resilient than peers (mothers have 30% lower odds, p = 0.0025). Younger children are also more often seen as more resilient than peers (age 3–5: 42.7% rated 'more resilient' vs. age 6–8: 40.8%, p = 0.0384). No significant differences were found across racial or regional groups.

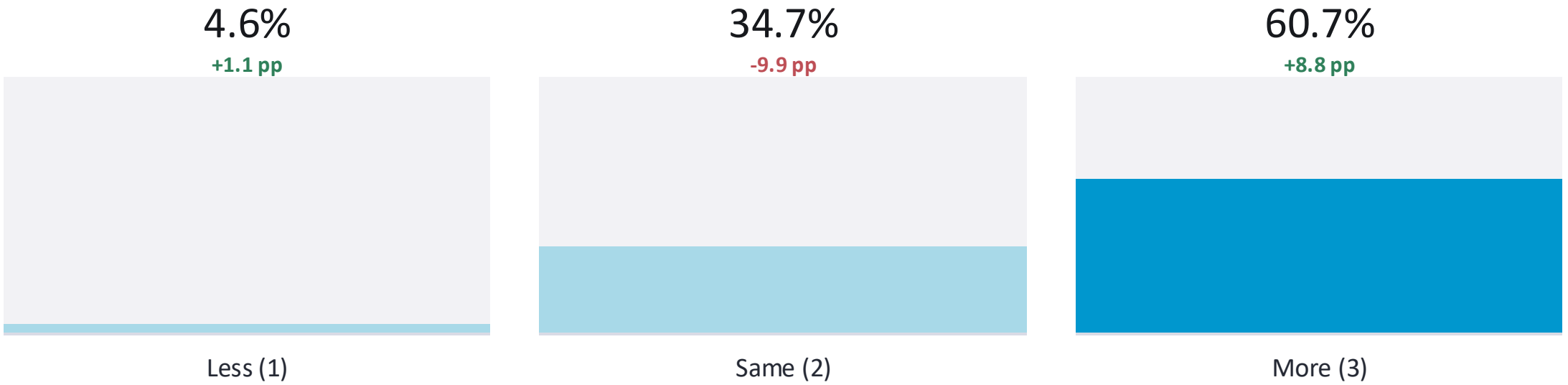
HOW CAREGIVERS SEE CHILDREN

More caregivers now see their child as kinder than peers, a shift from “about the same”

Six in ten caregivers said their child was kinder than other children. Very few (5%) said their child was less kind.

*For **kind**, would you say your child is more, less, or about the same as the average child you know?*

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



LOWER HIGHER →

SUBGROUP & REGIONAL INSIGHTS

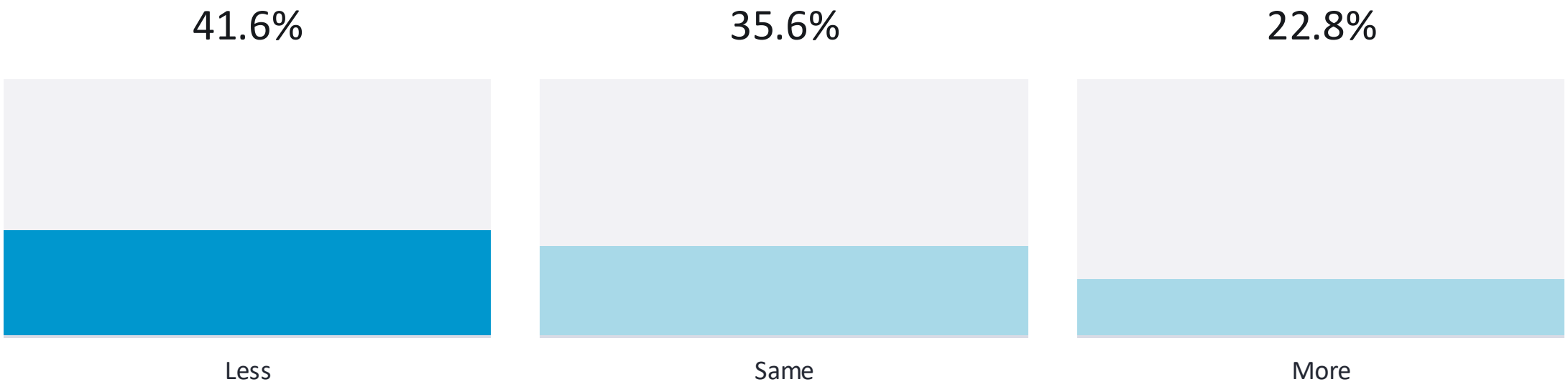
Caregivers of older children are significantly more likely to view their child as kinder than peers (age 6–8: 64.0% vs. age 3–5: 58.2%; odds increase 9% per year of child age, p = 0.0067). Peer kindness ratings are highest in the West (mean: 2.62 out of 3) and Northeast (2.59) and lowest in the Midwest (2.49, p = 0.0118).

Most caregivers see their child as no more anxious than peers, but perceived anxiety rises with age

Most caregivers said their child was less anxious (42%) or about the same (36%) as other children, but the share saying "more anxious" is higher among ages 6–8 (27%) than ages 3–5 (19%).

*For **anxious**, would you say your child is more, less, or about the same as the average child you know?*

PERCENT OF VALID ANSWERS



SUBGROUP & REGIONAL INSIGHTS

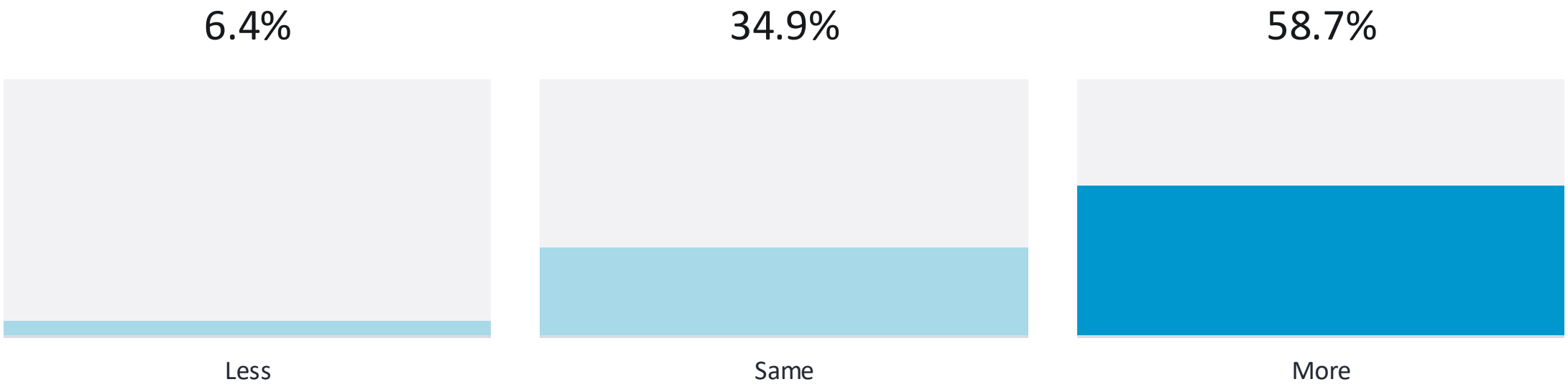
Perceptions of child anxiety relative to peers rise steeply with age: the odds of being rated more anxious than peers increase by 21% for each year of child age (age 6–8: 27.4% vs. age 3–5: 18.7%, $p < 0.0001$). Mothers are 50% more likely than fathers to see their child as more anxious than peers (24.8% vs. 17.8%, $p = 0.0059$).

Caregivers see their child as more compassionate than average

Most caregivers said their child was more compassionate than other children (59%). About 36% said about the same, and 5% said less compassionate.

*For **compassionate**, would you say your child is more, less, or about the same as the average child you know?*

PERCENT OF VALID ANSWERS



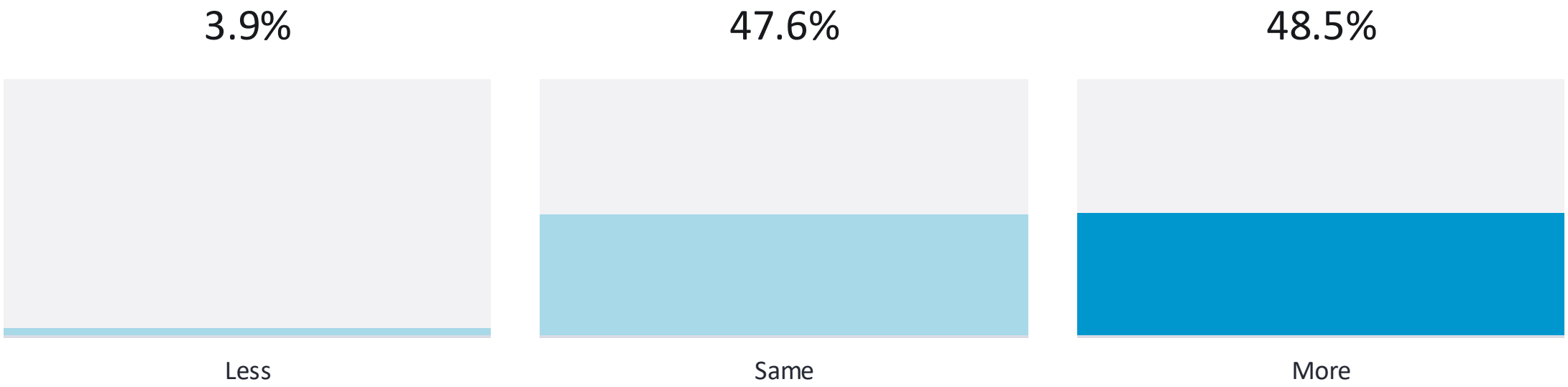
SUBGROUP & REGIONAL INSIGHTS

Caregivers of older children are significantly more likely to rate their child as more compassionate than peers (age 6–8: 62.4% vs. age 3–5: 56.0%; odds increase 7% per year of child age, p = 0.0211). No significant disparities were found across caregiver gender, race/ethnicity, or Census regions.

Caregivers were almost evenly split between saying their child was about as curious as other children (49%) and more curious (48%)

*For **curious**, would you say your child is more, less, or about the same as the average child you know?*

PERCENT OF VALID ANSWERS



SUBGROUP & REGIONAL INSIGHTS

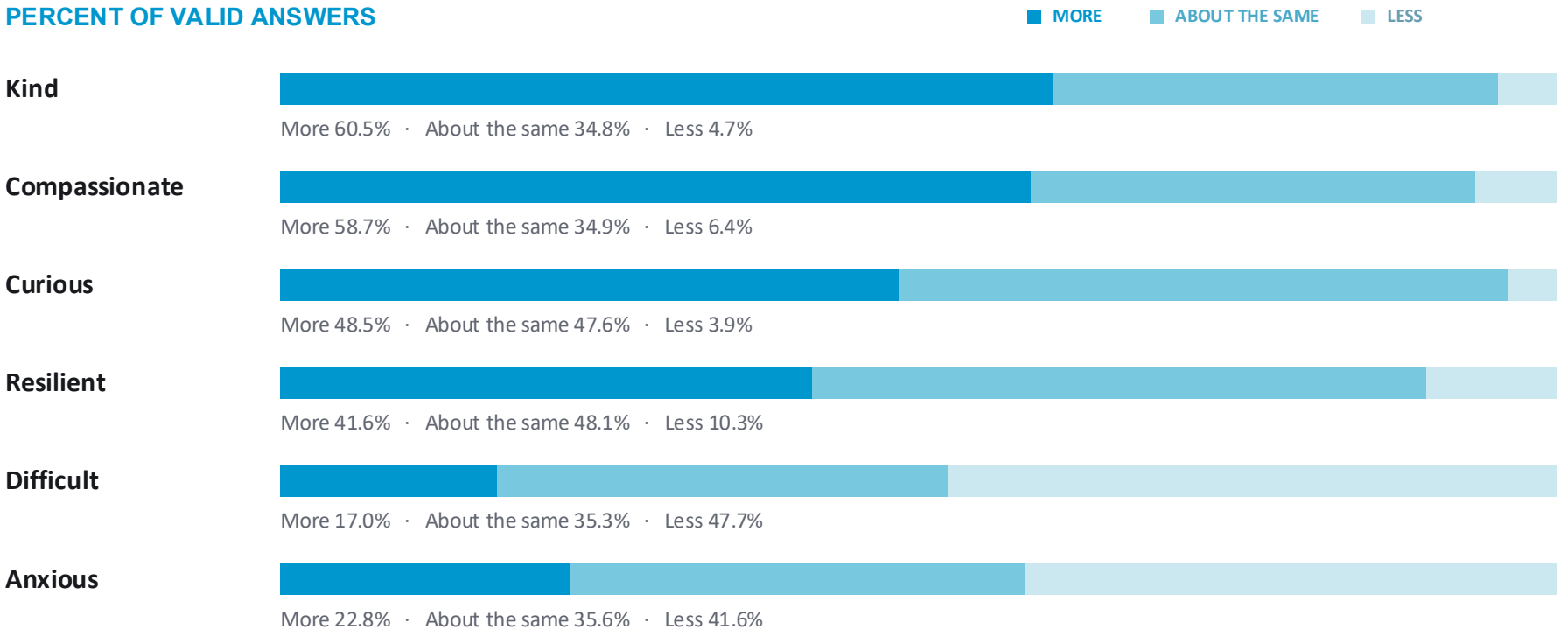
Fathers are 28% more likely than mothers to rate their child as more curious than peers (mothers have 22% lower odds, p = 0.0360). Caregivers in western states are 51% more likely to view their child as more curious than peers (p = 0.0259), and older caregivers also report higher relative curiosity (p = 0.0020). Ratings do not differ by child age (age 3–5: 49.6% vs. age 6–8: 50.5%, p = 0.7413).

Caregivers most often saw their child as more kind or compassionate than the average child they know

Resilience and curiosity were usually rated about the same; difficulty and anxiety were more often rated lower.

Thinking about those same characteristics and other children your child's age, would you say your child is MORE, LESS or about the SAME as the average child you know?

PERCENT OF VALID ANSWERS

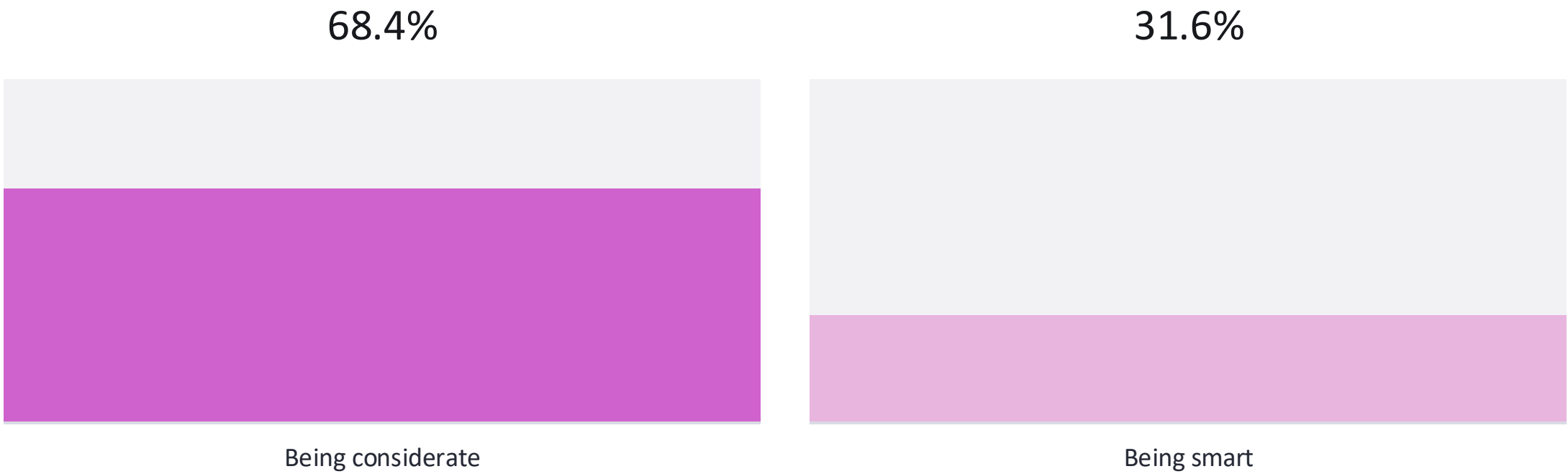


Caregivers value their child being considerate over being smart

About seven in ten caregivers (68%) chose being considerate over being smart as the more important quality for their child.

I am going to read you some pairs of statements. If you had to choose one, which one is more important for your child to be right now at their age. Being smart OR Being considerate.

PERCENT OF VALID ANSWERS

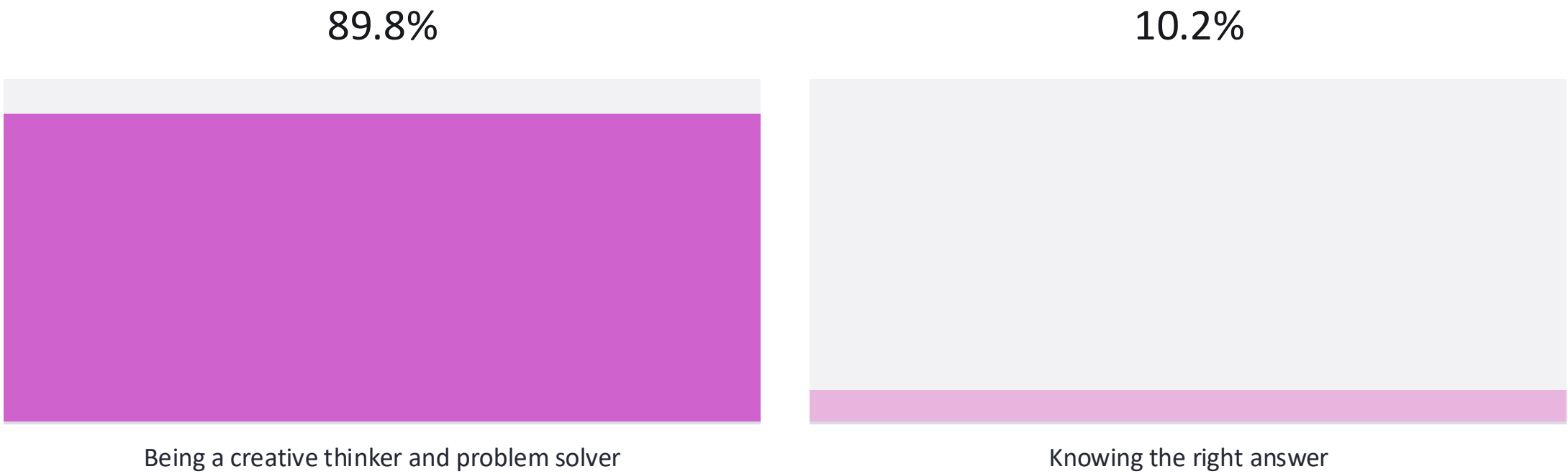


Caregivers value creative thinking and problem solving in their child over knowing the right answer

Nine in ten caregivers (90%) chose creative thinking and problem-solving over knowing the right answer.

I am going to read you some pairs of statements. If you had to choose one, which one is more important for your child to be right now at their age. Knowing the right answer OR Being a creative thinker / problem solver.

PERCENT OF VALID ANSWERS

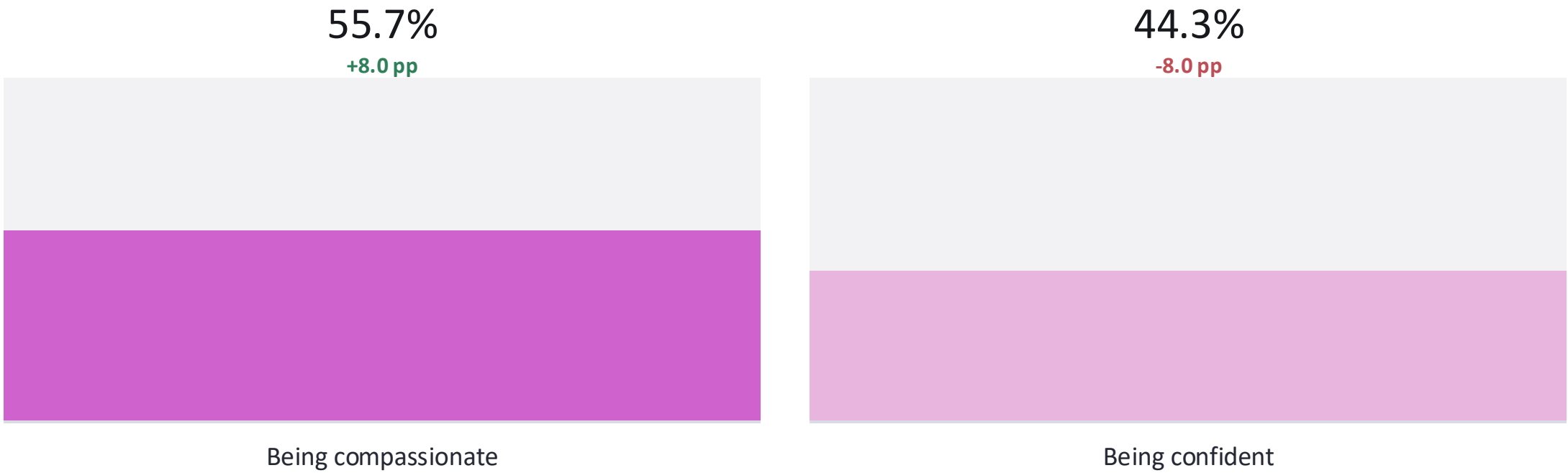


Caregivers now favor compassion over confidence

Caregivers slightly favored compassion over confidence: 55% chose compassion and 45% chose confidence.

I am going to read you some pairs of statements. If you had to choose one, which one is more important for your child to be right now at their age. Being confident OR Being compassionate.

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016

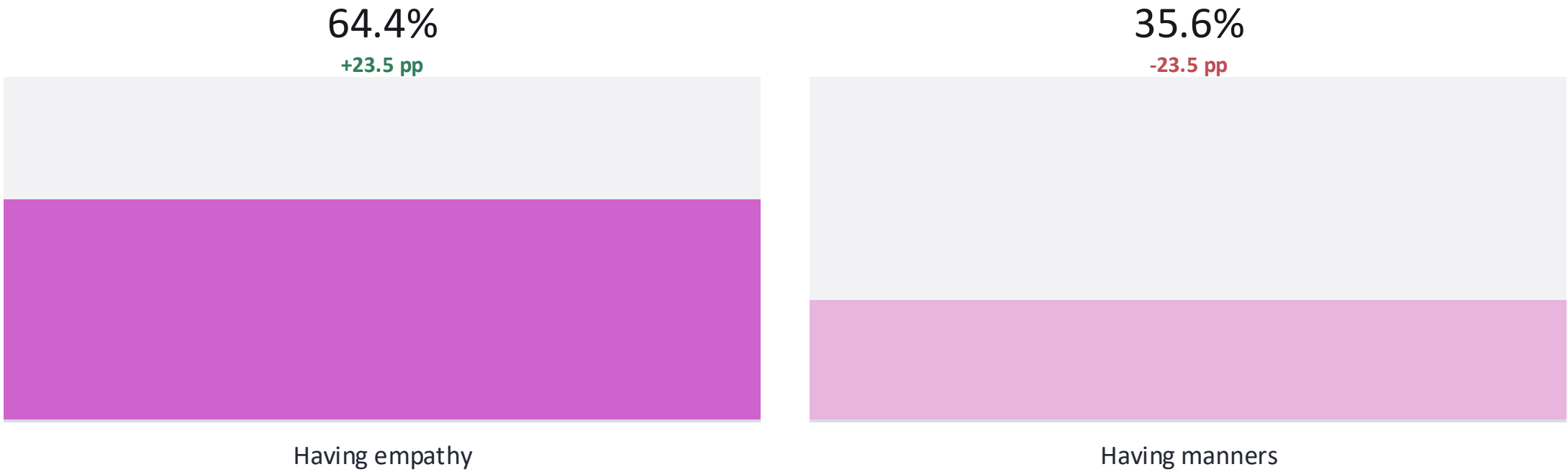


Caregivers now also put empathy ahead of manners

Two-thirds of caregivers chose empathy over good manners as more important for their child, up 23.5 points since 2016.

I am going to read you some pairs of statements. If you had to choose one, which one is more important for your child to be right now at their age. Having manners OR Having empathy.

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



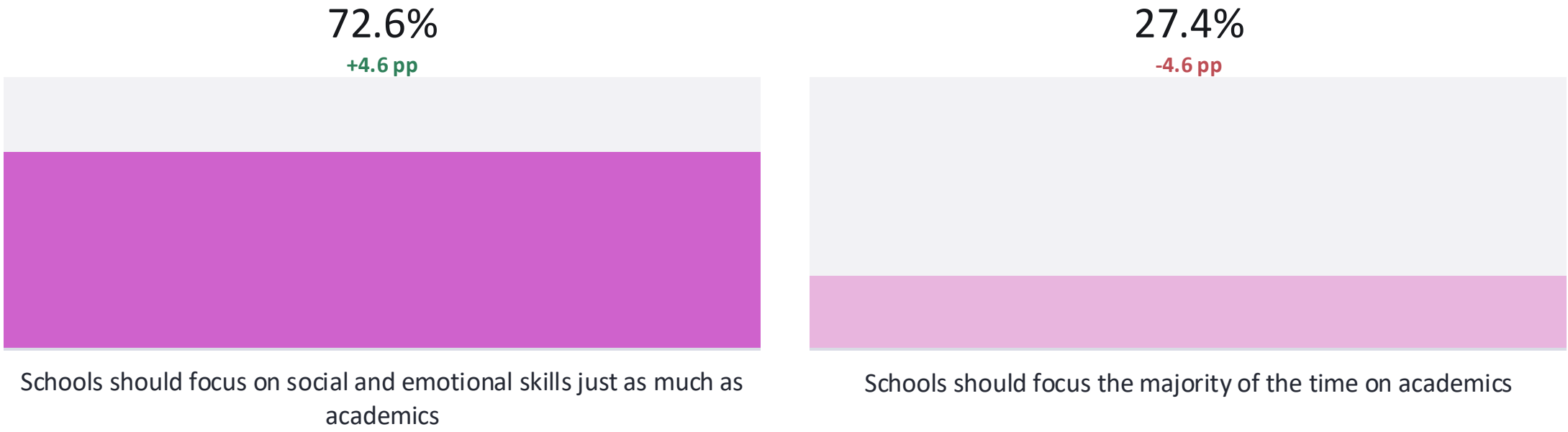
PARENTING PRIORITIES

More caregivers now want schools to teach social and emotional skills as much as academics

About seven in ten caregivers said schools should give social and emotional skills as much attention as academics.

For each pair, which statement do you agree with more? Please select one statement per pair. Schools should focus on social and emotional skills just as much as academics OR Schools should focus the majority of the time on academics.

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



SUBGROUP & REGIONAL INSIGHTS

Support for social-emotional learning in elementary schools shows universal demographic parity across child age (age 3–5: 72.8% vs. age 6–8: 73.1%, p = 0.9101), caregiver gender, and race. Regionally, support is highest in Pennsylvania (86.1%, p = 0.0062) and Washington state (82.7%, p = 0.0410).

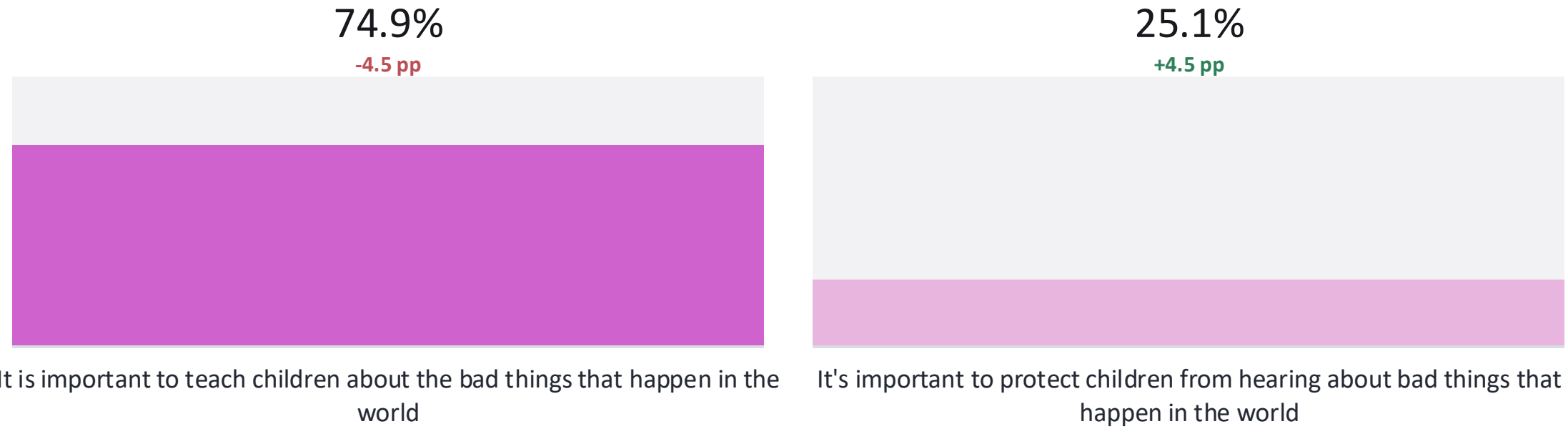
PARENTING PRIORITIES

Caregivers still favor teaching about difficult things, but protection has gained support

Nearly three in four caregivers favored teaching children about difficult things in the world rather than shielding them from hearing about them.

For each pair, which statement do you agree with more? Please select one statement per pair. It is important to teach children about the bad things that happen in the world OR It's important to protect children from hearing about bad things that happen in the world.

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



SUBGROUP & REGIONAL INSIGHTS

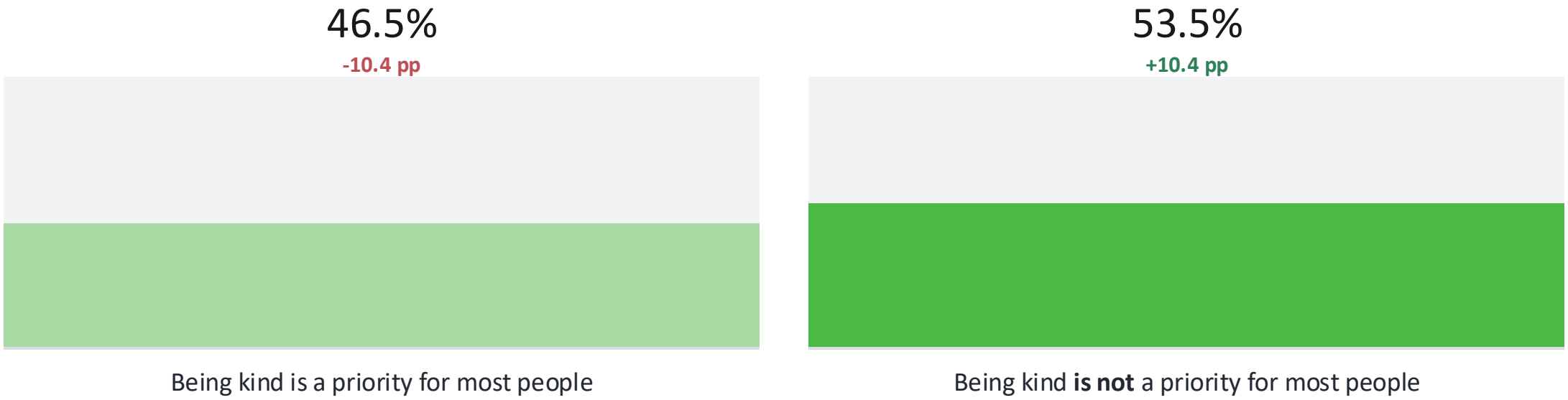
A clear developmental shift emerges as children grow: caregivers of older children are 14% more likely per year of age to favor teaching about harsh realities rather than shielding them (age 6–8: 77.8% vs. age 3–5: 72.2%, p = 0.0003). Views are consistent across Census regions and ethnicity

Fewer caregivers now say kindness is a priority for most people

Caregivers were divided: 53.5% said kindness is not a priority for most people, while 46.5% said it is.

For each pair, which statement do you agree with more? Please select one statement per pair. Being kind is not a priority for most people OR Being kind is a priority for most people.

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



SUBGROUP & REGIONAL INSIGHTS

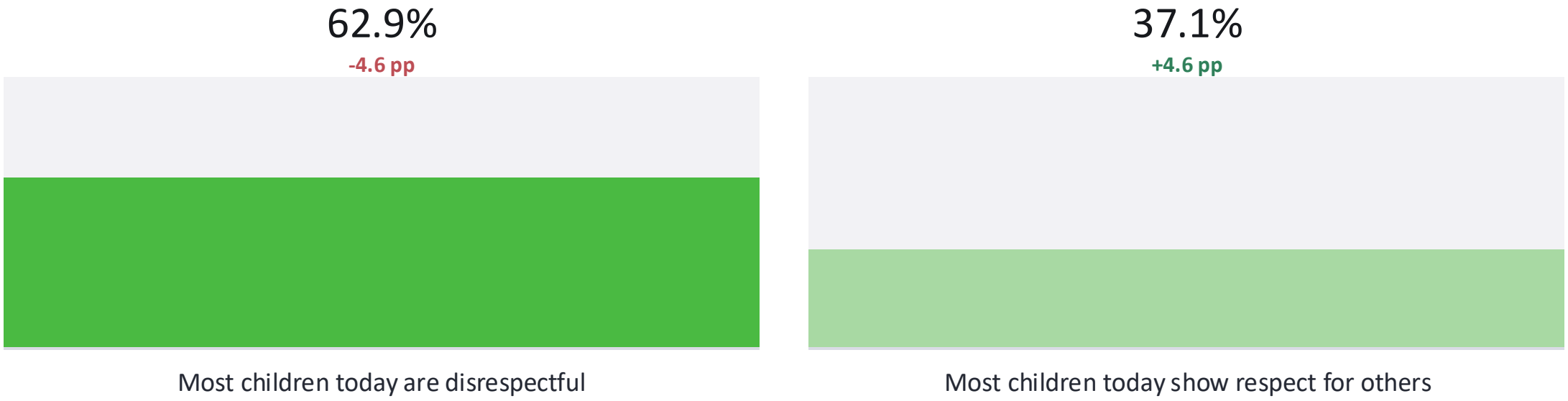
Older caregivers express slightly greater skepticism that kindness is a top priority for most people (odds of agreement drop about 10% per decade of caregiver age, p = 0.0181). Perceptions show no significant variation across child age cohorts (age 3–5: 53.3% vs. age 6–8: 54.0%, p = 0.8515), caregiver gender, race, or geographic region.

More caregivers now say most children show respect, though disrespect remains the majority view

Six in ten caregivers said most children today are disrespectful. About four in ten said most children show respect.

For each pair, which statement do you agree with more? Please select one statement per pair. Most children today show respect for others OR Most children today are disrespectful.

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



SUBGROUP & REGIONAL INSIGHTS

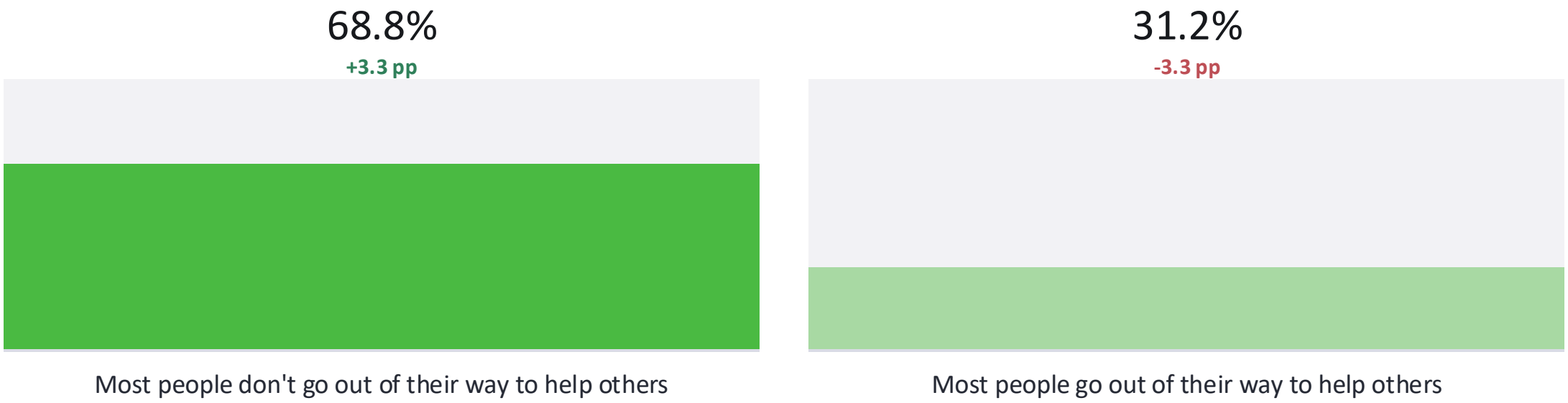
Perceptions that children in society are generally disrespectful are significantly more prevalent among Multiracial caregivers (70% higher odds, p = 0.0057) and Black caregivers (40% higher odds, p = 0.0269). Views do not differ significantly across child age cohorts (age 3–5: 62.4% vs. age 6–8: 63.8%, p = 0.5288) or Census regions.

Most caregivers think people do not go out of their way to help others

About two-thirds of caregivers said most people do not go out of their way to help others.

For each pair, which statement do you agree with more? Please select one statement per pair. Most people go out of their way to help others OR Most people don't go out of their way to help others.

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



SUBGROUP & REGIONAL INSIGHTS

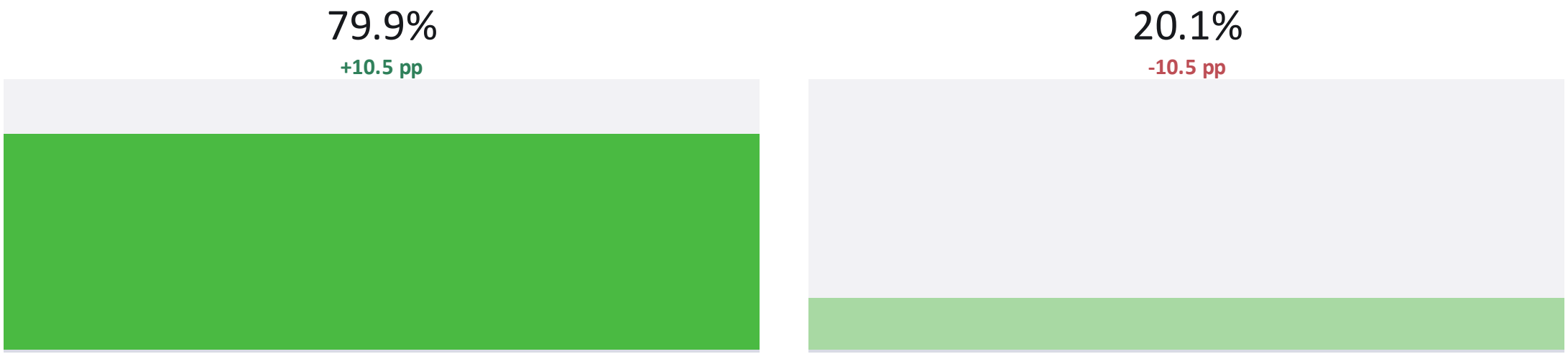
Black caregivers express greater optimism about societal helpfulness, with 28% lower odds of saying people do not go out of their way to help ($p = 0.0266$). Skepticism increases slightly as children grow older (odds rise 7% per year of child age, $p = 0.0338$). State-level variation is notable: 71.2% in Texas believe people do not go out of their way to help ($p = 0.0491$), compared to significantly higher perceived helpfulness in Virginia ($p = 0.0040$).

Caregivers' concerns that the world is unkind to children have grown

Four in five caregivers said they often worry the world is an unkind place for children.

For each pair, which statement do you agree with more? Please select one statement per pair. I often worry that the world is an unkind place for children OR I rarely worry that the world is an unkind place for children.

PERCENT OF VALID ANSWERS · CHANGE SINCE 2016



SUBGROUP & REGIONAL INSIGHTS

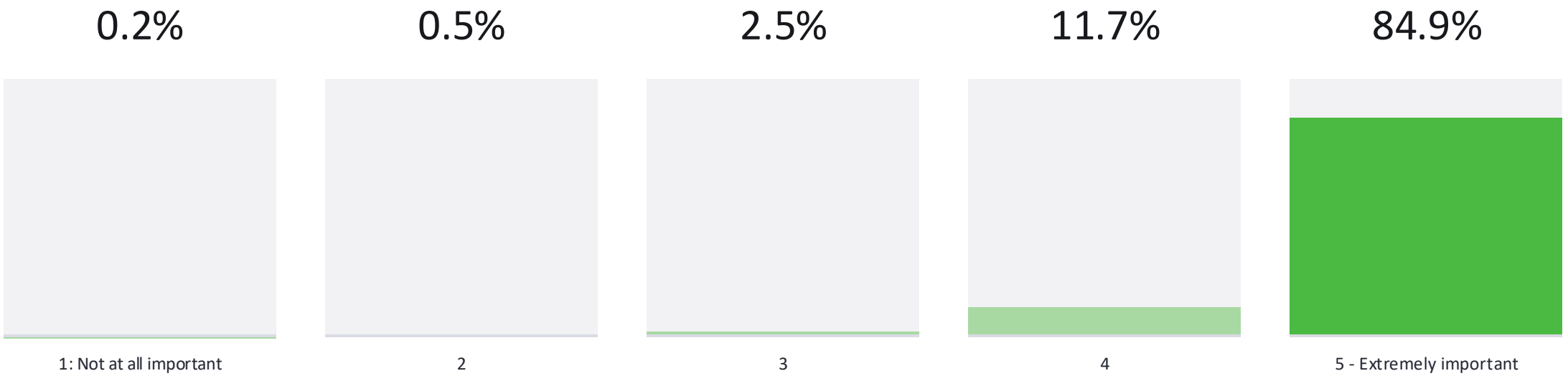
A pronounced maternal distress gap is evident: mothers have 73% higher odds than fathers of worrying that the world is unkind to children (82.1% vs. 75.2%, p = 0.0001). Concern is uniformly elevated across child age cohorts (age 3–5: 78.8% vs. age 6–8: 81.6%, p = 0.1764) and across all geographic regions.

Caregivers overwhelmingly support promoting kindness in society

Promoting kindness was very important to nearly all caregivers: 97% chose one of the top two ratings, and 85% chose the highest rating.

On a scale from 1 to 5, where 1 is "not at all important" and 5 is "extremely important," how important is it for society to promote kindness?

PERCENT OF VALID ANSWERS



LOWER HIGHER →

SUBGROUP & REGIONAL INSIGHTS

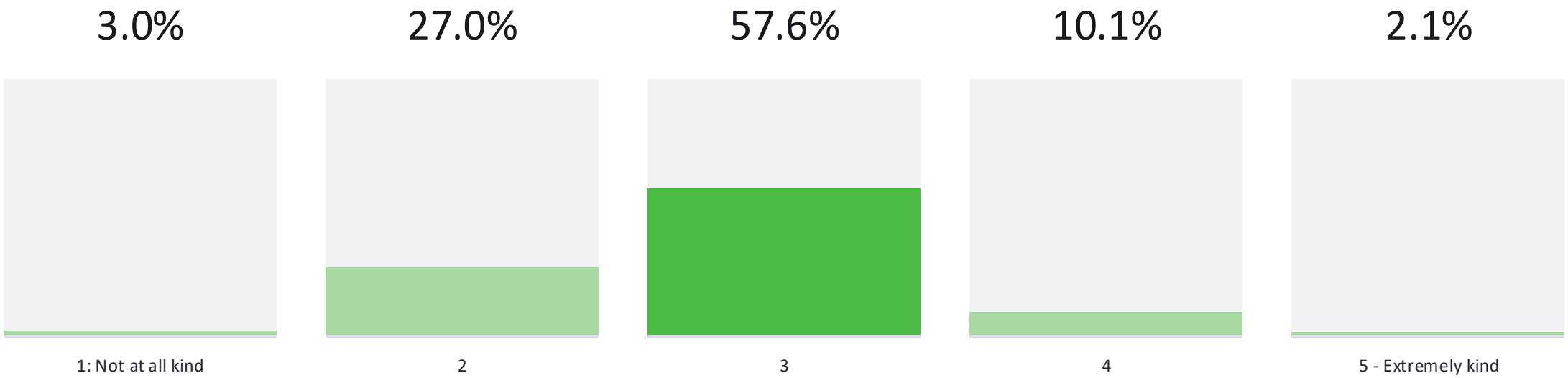
Mothers rate children's media significantly higher for promoting kindness than fathers do (+0.10 points on a 5-point scale, p = 0.0017). Louisiana caregivers give the highest ratings nationally (mean: 4.97 out of 5 vs. 4.81 rest of U.S., p < 0.0001). Ratings show parity across child age cohorts (age 3–5: 4.82 vs. age 6–8: 4.80, p = 0.4497).

Caregivers see the average American as moderately kind

Caregivers most often described the average American as moderately kind. About 30% rated national kindness below the midpoint, while 12% rated it above.

On a scale from 1 to 5, where 1 means "not at all kind" and 5 means "extremely kind," how kind do you think the average American is today?

PERCENT OF VALID ANSWERS



LOWER HIGHER →

SUBGROUP & REGIONAL INSIGHTS

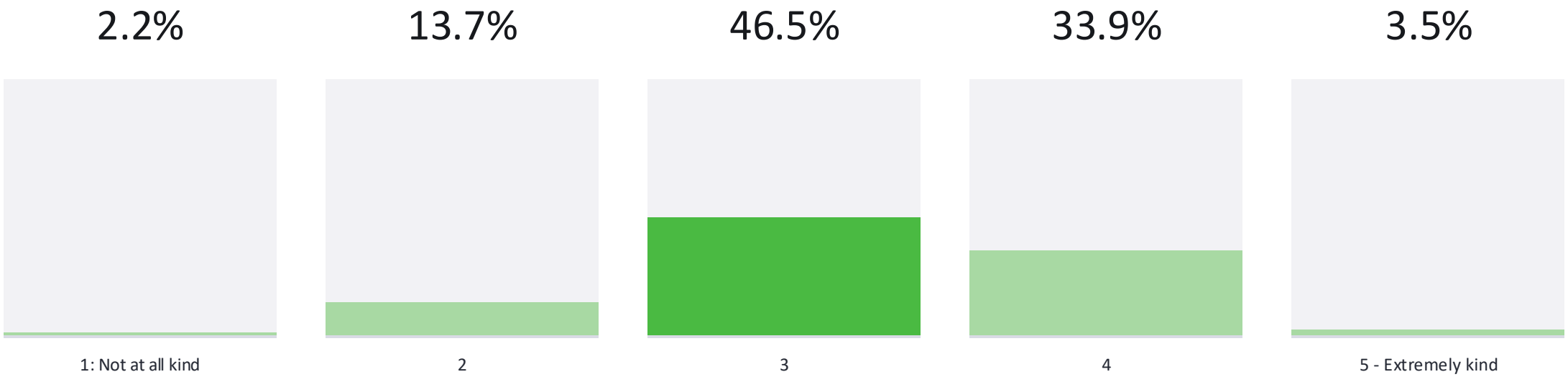
Perceptions of American kindness are significantly higher among Asian caregivers (+0.30 points on a 5-point scale, $p = 0.0005$) and older caregivers (+0.10 points per decade of age, $p < 0.0001$), while Multiracial caregivers report lower ratings (-0.14 points, $p = 0.0233$). Regionally, Midwest caregivers (mean: 2.89 out of 5) and New York residents (3.04 vs. 2.79, $p = 0.0029$) express greater optimism. Ratings do not vary by child age ($p = 0.6099$).

Caregivers rate their local community as kinder than the average American

Caregivers saw more kindness in their own community than across the country: local ratings averaged 3.23 out of 5, compared with 2.81 for the average American.

Using that same 1-to-5 scale, how kind do you think the average person in your local community is today?

PERCENT OF VALID ANSWERS



LOWER HIGHER →

SUBGROUP & REGIONAL INSIGHTS

Community kindness ratings increase with caregiver age (+0.10 points per decade of age, p = 0.0003) and are significantly higher among Asian caregivers (+0.29 points on a 5-point scale, p = 0.0005), but lower among Multiracial caregivers (-0.21 points, p = 0.0031). Midwestern states report the strongest community trust (Ohio mean: 3.84 out of 5, p = 0.0082; Wisconsin mean: 3.92, p = 0.0145). Ratings do not differ by child age (p = 0.2828).

Caregivers most often define kindness as considering how others feel

Considering another person's feelings remains the most common starting point. Compassion, respect and practical help also shape caregivers' definitions.

What does kindness mean to you?

SHARE OF SUBSTANTIVE ANSWERS



CAREGIVERS' WORDS

"I think before I speak or act based on how I would treat the other person or how they are feeling. If they are having a bad day, I will do things differently so as not to upset them."

Child age: 4

"Treat everybody with the same respect. I was raised with the Golden Rule: You do not treat anybody in a way you would not want to be treated yourself."

Child age: 8

"Kindness means being considerate, helpful to others, and caring without expecting anything back. It is choosing to be gentle with people's feelings and doing things that make life a little easier and brighter."

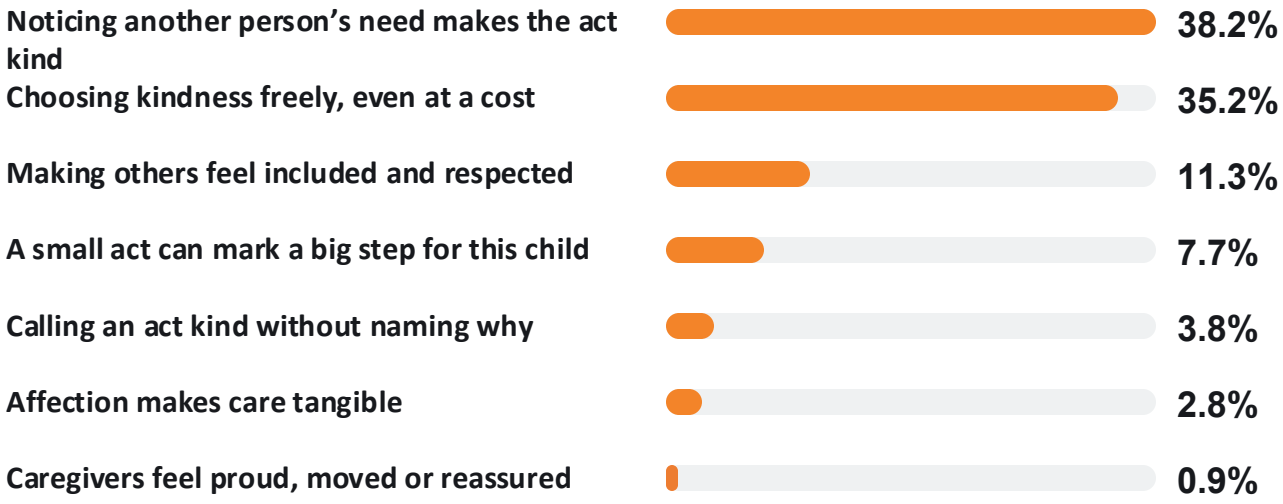
Child age: 6

Caregivers see kindness in noticing a need and choosing to respond

Caregivers give two nearly equal explanations for why an act felt kind: the child noticed someone's need or chose to act voluntarily.

If the caregiver provides an example in Q6: What about that felt kind to you?

SHARE OF SUBSTANTIVE ANSWERS



CAREGIVERS' WORDS

"She could tell the man was in need, and she thought of buying him food all on her own."

Child age: 4

"His brother was too small to reach. He recognized that his brother had limitations he did not have, and he used his own ability to help his brother reach."

Child age: 3

"There were some girls who were playing by themselves and did not have a partner, and she would always ask them to come join her group."

Child age: 8

Caregivers say kind acts are usually child-initiated

Caregivers report their child acted mostly on their own: 94.3% said the child acted spontaneously, while 5.7% said they were asked or reminded.

And when your child does something kind, do they usually do it on their own, or do they need a little encouragement or prompting from you?

PERCENT OF VALID ANSWERS

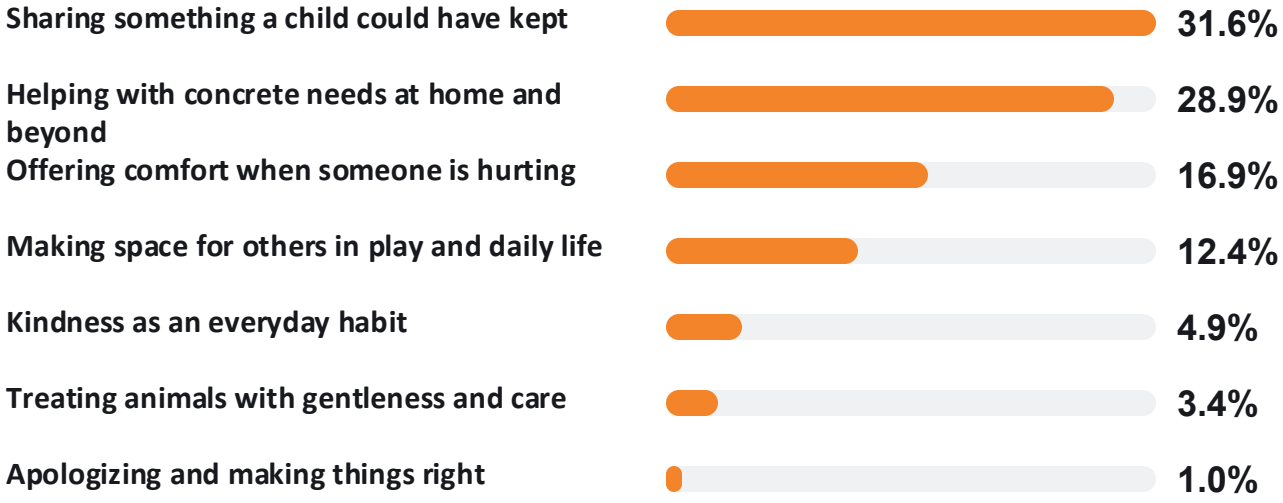


Children show kindness through sharing, helping and care

Giving or sharing is the most common kind act caregivers recalled, closely followed by practical help. Comfort, inclusion and care for animals add other ways kindness appears in everyday life.

Thinking about the last week or two, tell me about a time you saw your child do something you thought was kind.

SHARE OF SUBSTANTIVE ANSWERS



CAREGIVERS' WORDS

"We found an injured cat outside. My son suggested taking it in, feeding it, or finding it a home once it was in better shape. I thought that was a really kind thing for him to do."

Child age: 4

"She sometimes sees me struggling with groceries. She always comes and asks, 'Can I help?' If another child is struggling with something, she asks too. Her teacher says she is very kind and always helps everyone."

Child age: 5

"My daughter just got braces, and my son was able to comfort her, make her feel better, and give her a hug because she was sad."

Child age: 6

Caregivers' examples of kindness across differences most often involve disability, health, or communication

Among substantive examples that named a difference, more than half involved disability, health, or communication. Caregivers described patience, inclusion, and tailored help.

What is an example where you have seen your child be kind to a child who is different from them in some way?

SHARE OF SUBSTANTIVE ANSWERS



CAREGIVERS' WORDS

"His cousin is on the autism spectrum. When they get together, he is conscious of his cousin and makes sure to include him and help him feel at ease and as happy as possible."

Child age: 4

"My child was friends with an autistic child who is nonverbal. My child figured out a way to communicate with him, even though he could not express himself with words."

Child age: 6

"A classmate was being bullied because she was Black. My daughter got involved and told the other students to stop. Since then, they became friends."

Child age: 8

Children find kindness hard when it means giving something up or facing conflict

More than half of coded examples of difficulty involved giving up a resource or turn. Conflict with peers is the next most common test of kindness.

What is an example of a time when being kind was not easy for your child? For example, a time when being kind may have cost them something or when it would have been easier not to be kind?

SHARE OF SUBSTANTIVE ANSWERS



CAREGIVERS' WORDS

"She had a hard time sharing when she really wanted something, like her tablet. Her sister's tablet died, and she did not want to share hers."

Child age: 4

"When his little brothers want to play with something that he's got and that he's already playing with, he gives it up because they're smaller than him."

Child age: 5

"It was difficult for my daughter to stick up for her friend who was being bullied. My daughter intervened, even at the expense of being ridiculed herself."

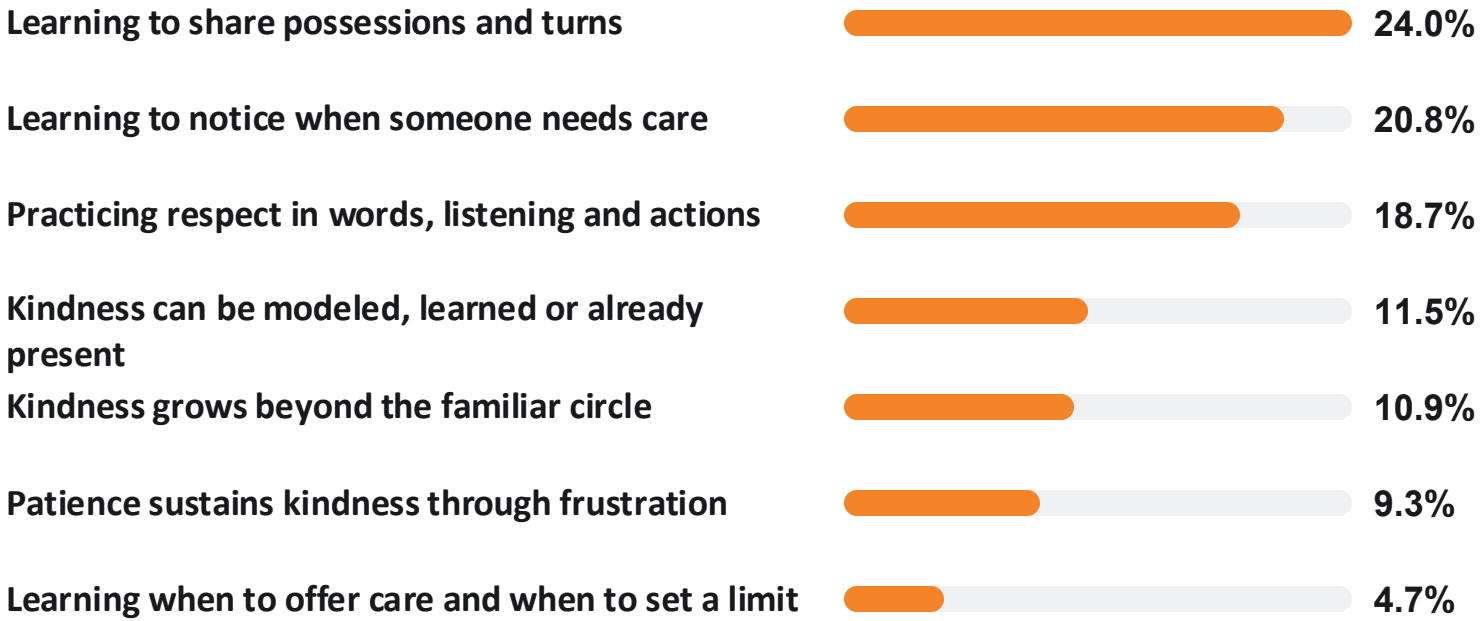
Child age: 8

Sharing is the skill caregivers most often say children are practicing

Caregivers most often named sharing, followed by understanding others and respectful conduct. They also described inclusion, emotional regulation and learning, through example.

What is your child working on when it comes to being kind?

SHARE OF SUBSTANTIVE ANSWERS



CAREGIVERS' WORDS

"My child is focusing on sharing and taking turns with other children, sharing his stories and books and playing with friends and family."

Child age: 8

"I think she's still working on learning when people need things, what they need, and how to help."

Child age: 3

"We are working on saying, "Please," when we want something."

Child age: 3

Caregivers who added a reflection described kindness as everyday care, taught and practiced

Everyday acts were most common (43.4%) on how kindness takes shape; 29.8% described teaching, practice or growth with age.

Time permitting: Is there anything else about kindness and your child that I have not asked about? Most caregivers said they had nothing else to add (84%). About 15% offered an additional reflection; those responses are summarized below.

SHARE OF SUBSTANTIVE ANSWERS



CAREGIVERS' WORDS

"If somebody is hurt, he really cares and tries to figure out what is wrong. I can stub my toe and say, 'Ow,' and he will ask, 'Are you okay?'"

Child age: 6

"I think he is learning that small acts of kindness can make a big difference, and I am happy to see him becoming more thoughtful of others."

Child age: 7

"I think kindness looks different for every child. It is easier for my youngest to hold a door, but harder for my middle child. It takes different forms for different people."

Child age: 3

SESAME WORKSHOP™

Learn more about our resources at
sesame.org

