

# Acts of Kindness Revisited...

A letter to Caide, written by Michelle

Dear Caide,

We are currently in our home bubbles and safe with our families. As I think about how I can reach out to you, I am reminded of your learning power Caide, your acts of kindness. I reflect on what Dr Rangimarie Rose Pere means when she asks that we uphold the spirit of Oneness. You have inspired me to look outside my bubble and think of ways in which I can help others at this time. I did this by baking a cake for my neighbour Lorraine who is an essential worker at a local rest home.

I have written before about how lucky you are to have have parents who are kind and generous, and will always remember in my early days in Whangamata you handing out tulips to everyone in the supermarket. As role models they are helping shape your identity as someone who has empathy and cares for others too.

I saw an example of this at Kindergarten recently when you initiated a sewing project with me. You made a wheat bag, going through each step of the process as I have seen you practice just days before. You then asked for my help to write a card. We chatted about who your card was for and you told me that your wheat bag was a gift from Heidi, the sister of your friend Owen. I asked you if it was Heidi's birthday and you told me that she was not feeling very well, that she was sick. Your card read "**Dear Heidi, I hope your feeling OK. Love from Caide**".

Brene Brown believes that empathy is cultivated by courage, compassion, and connection. You display attributes of empathy Caide, to be able to see the world as others see it, and to understand other person's feelings. We are very fortunate to have you as a leader in your community Caide. Thank you again for inspiring me, I instantly experienced the joy that you get from thinking of others when Lorraine's face lit up at the sight of my cake (of course I had to drop it at her gate).

Your friend Michelle

## RĀHUI

rā = ban, restriction  
hui = gathering, assembly

A ban or restriction temporarily put in place restricting access to, or use of an area or resource by the kaitiakitanga of the area.

Let's be kaitiaki/guardians of Papatuanuku/Mother Earth, honour her, protect (y)ourself/ves and uphold the spirit of Oneness.

We are here to look after each other.

~ Dr Rangimarie Rose Pere



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