

Caring



Hello Parents and Guardians,
 Welcome to Unit 2 of our Kindness in the Classroom curriculum. For the next 4-6 weeks we will be learning all about CARING. Since this is a very familiar concept for children this age, we will expand on the following topics:

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP AT HOME
Self-Care	<ul style="list-style-type: none"> How can we increase our level of personal self-care? What parts of our daily routine demonstrate some type of self-care? 	Talk with your child about how important self-care is as you grow older. Discuss the consequences of poor self-care (cavities, skin problems, etc.)
Helpfulness	<ul style="list-style-type: none"> How can we use our time and talent to help others, even without being asked? How does helping without asking inspire kindness in our family? 	Discuss different ways your child can help at home. What areas need more help and how can they assist in a way that you find truly helpful?
Gratitude	<ul style="list-style-type: none"> How do our words and actions show others we are thankful for who they are and what they do for us? 	Help your child practice showing gratitude towards both adults and children in their lives using kind words.
Compassion	<ul style="list-style-type: none"> How do we show compassion to others our own age? How do we demonstrate compassion for adults that are struggling? What does compassion look like to you? 	Talk with your child about people in their school that may be struggling. Brainstorm ways they can show compassion for them.
Empathy	<ul style="list-style-type: none"> What is empathy? How are compassion and empathy connected? 	Connect your child with opportunities for them to feel empathy for others that are going through similar situations. Example- talk with a friend going through a divorce, make a get well card for a sick friend, etc.

Key activities we'll be doing:

- Identify self-care strategies that work!
- Develop strategies to help care for friends!
- Write a letter to themselves inspiring community compassion and action!
- Practice empathy through common school/community scenarios!

If you have any questions about our *Kindness in the Classroom* lessons, please feel free to contact me at anytime. We are on this kindness path together!

Sincerely,

TRY THIS AT HOME!

Create a Family Take Five poster at home to mirror what your child learned in class. Have them walk you through the activity. The ultimate goal is to have 5 clear ways to calm down during times of stress.