

KINDNESS IS **COURAGE**



FILLING OUR **CLASSROOM** WITH **COURAGE**

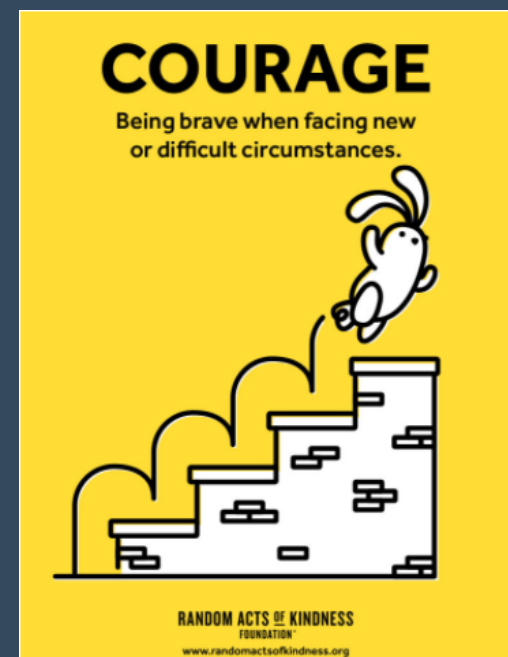
According to the Random Acts of Kindness Foundation, **COURAGE** means being brave when facing new or difficult circumstances. This month in preschool, we are going to focus on having more courage (through kindness!) in our classroom. Remember that even small acts of kindness can show great courage; it is about being true to yourself and doing what is right and kind, and helping others, even when it's hard. Remember, no act of courage and kindness is too small!

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WHAT IS COURAGE?

SHOWING COURAGE

SEND HOME CONCEPT
CALENDAR



Showing Courage

When you think of courage, what comes to mind?

You don't need to be a superhero to be courageous. In fact, sometimes it's the smallest things that show the greatest courage.

When you help others, you show great courage. How might you show courage in the following situations? **Ask the kids:**



- It is your first day of preschool and your friend feels nervous to go into the classroom. **How do you show courage and kindness?**
- There is a new student in your class and she doesn't know anyone. **How do you show courage and kindness?**
- Your teacher asks you to be line leader but you don't know what to do. **How do you show courage and kindness?**
- Your friend drew a really nice picture in art. **How do you show courage and kindness?**

Curriculum Quick Guide

Cycle 1: Ages 3-4; Cycle 2: Ages 4-5; Cycle 3: Ages 5-6

Each week there is a story centered on the kindness concept and corresponding activities that span the curriculum: math & science, citizenship & social studies, music & movement. Each week you can choose whichever activities you feel your class would enjoy the most. There is also an optional project at the end of each week. Each concept has 4 weeks worth of stories and activities to enjoy. Additionally, each week you will meet one of our RAK animals who will help guide you through the materials through fictional stories (as part of our citizenship element). For *Courage*, you will meet

Camilla the Courageous Pig.



"Courage is very important. Like a muscle, it is strengthened by use."

~Ruth Gordon

Courage

Here are some things you can do this month to practice courage.

What else can you and your student(s) do?

What Random Acts of **Courage** will you do today?

SUN	MON	TUE	WED	THU	FRI	SAT
	What challenges will you face this week and how can you plan ahead to succeed?			What is one thing you'd try if you weren't scared to try it?		
Talk about ways you can be more brave in new or challenging circumstances.		Practice breathing exercises that you can use the next time you feel afraid to do something you know you must.			How can you support others when you see they are being brave?	
	Compliment a member of your family this week when they do something brave or overcome a difficult challenge.		Find a quote about courage and put it on the bathroom mirror to inspire everyone.			Watch a movie that features courage and then talk about it.
		Role play situations that require courage. Practice makes perfect!		Talk about a time you were scared to do something that you knew you had to do. How did you overcome your fear?		
Practice positive affirmations that will give you the energy to be brave in new or difficult situations.						

