

Dear Family:

This is a busy time for our children as they continue to learn many new skills at school.

One area of learning that requires specific skills is social-emotional learning. These important skills are often overlooked. This is the realm where children learn how to understand and manage their feelings, how to make friends and be a friend, and how to solve social problems. Learning takes place throughout the day—in the classroom, on the playground, and at home. Children learn by watching and listening to how teachers, family members, and friends interact with one another.

We will be using a curriculum called the *Kindness in the Classroom*® to help us think about, develop, and practice positive social skills. Research tells us that children who learn and use these skills are more likely to get along with others and do better in school.

To clarify, this is not a bully prevention program. Rather, it is a pro-social approach to teaching students the skills needed to better communicate and collaborate, advocate for themselves and actively call out positive behavior and actions when they see it happening.

The *Kindness in the Classroom*® program includes 6 kindness concepts focusing on responsibility, respect, caring, inclusiveness, integrity, and courage. The lessons give students the opportunity to be inspired, feel empowered, act on what they've learned, reflect and share with their peers.

Families play a crucial role in the success of the *Kindness in the Classroom*® curriculum. Several of the lessons have a 'home extension' piece where the students will share what they're learning and may ask for your help in promoting what they are learning at home.

We encourage you to take a look at the free lessons on the website at [www.randomactsofkindness.org](http://www.randomactsofkindness.org) so you can follow along with what your children are learning in the classroom!

Sincerely,

