

# Courage



Hello Parents and Guardians,

Welcome to Unit 6 of our Kindness in the Classroom curriculum. For the next 4-6 weeks we will be learning all about COURAGE. Since this is somewhat of a new concept for children this age, we will focus on the following topics:

TOPIC	QUESTIONS WE WILL EXPLORE	HOW YOU CAN HELP AT HOME
<b>Courage</b>	<ul style="list-style-type: none"><li>• What does it mean to show courage?</li><li>• How can we use courage to be ourselves?</li><li>• How can we use courage to stand up for others?</li></ul>	Discuss the importance of always being true to yourself first. You are a valuable and an important member of the class and of this family! Talk about how to use courage to stand up for others who might not stand up for themselves.
<b>Kindness</b>	<ul style="list-style-type: none"><li>• How does it take courage to be kind?</li><li>• How can we be kind even when others are not?</li><li>• How can we use everyday actions to show random acts of kindness to others?</li></ul>	Talk about random acts of kindness, when we do kind things for no specific reason! How do little kind acts brighten someone's day? Why does that take courage?
<b>Heroes/Leaders</b>	<ul style="list-style-type: none"><li>• Who do you look up to?</li><li>• Why is that person a hero to you?</li><li>• How do they lead others?</li></ul>	Start a conversation with your child about who they look up to. Do they have a hero? If so, why do they look up to them? How is their hero courageous?

## Key activities we'll be doing:

- Create a kindness treasure box for myself!
- Catch others being kind!
- Create Safety Posters!
- Complete Random Acts of Kindness!

## TRY THIS AT HOME!

Be on the lookout for your child's Kindness Treasure box. Encourage them to explain what they included and challenge them to add other items as desired! It's important to fill ourselves up with kindness before we can share that kindness with others!

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

Sincerely,