

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 WILL EXPLORE	HOW YOU CAN HELP AT HOME
Self-Care	<ul style="list-style-type: none">• How can we take care of ourselves?• What areas of our daily routine are we responsible for?	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.
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 you feel when you want to help others?• How can you use this feeling to care for them?	Talk with your child about people in their classroom 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:

- Create an affirmation stone!
- Make a Caring comic strip!
- Develop Compassion through Role Plays!
- Explore empathy through art appreciation!

TRY THIS AT HOME!

Encourage your child to interview a family member about their favorite childhood memory. What similarities did the two of them have? What positive connections can you draw between your child and the person they interviewed? Compassion and empathy start when we find common ground!

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,