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
Courage	- What does it mean to show courage? - How can we use courage to be ourselves? - How can we use courage to stand up for others?	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.
Kindness	- How does it take courage to be kind? - How can we be kind even when others are not? - How can we use everyday actions to show random acts of kindness to others?	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?
Courageous Acts	- What does it mean to stand up for what we believe in? - How can we use courage to stand up for others? - How can we be the voice of those who cannot speak for themselves?	Talk about how to use courage to stand up for others who might not stand up for themselves. Your voice counts!

Key activities we'll be doing:
- Try New Things!
- Practice using courage in role plays!
- DIscuss ways to make change in our community!
- Perform Random Acts of Kindness!

TRY THIS AT HOME!

Discuss someone in your life that made a difference in the community where you grew up or where you live in now. This might be a family member, friend, clergy member, etc. Emphasize how they used courage to stand up and take action!

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,

RANDOM ACTS OF KINDNESS
FOUNDATION®