



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
<b>Self-Care</b>	<ul style="list-style-type: none"><li>• How can we take care of ourselves?</li><li>• What areas of our daily routine are we responsible for?</li></ul>	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.)
<b>Helpfulness</b>	<ul style="list-style-type: none"><li>• How can we use our time and talent to help others, even without being asked?</li><li>• How does helping without asking inspire kindness in our family?</li></ul>	Discuss different ways your child can help at home. What areas need more help and how can they assist in a way that you find truly helpful?
<b>Gratitude</b>	<ul style="list-style-type: none"><li>• How do our words and actions show others we are thankful for who they are and what they do for us?</li></ul>	Help your child practice showing gratitude towards both adults and children in their lives using kind words.
<b>Compassion</b>	<ul style="list-style-type: none"><li>• How do you feel when you want to help others?</li><li>• How can you use this feeling to care for them?</li></ul>	Talk with your child about people in their school that may be struggling. Brainstorm ways they can show compassion for them.
<b>Empathy</b>	<ul style="list-style-type: none"><li>• What is empathy?</li><li>• How are compassion and empathy connected?</li></ul>	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 card for a sick friend, etc.

**Key activities we'll be doing:**

- Identify self-care strategies that work!
- Develop strategies to help care for friends!
- Write a letter to themselves inspiring community compassion and action!
- Practice empathy through common school/community scenarios!

**TRY THIS AT HOME!**

Create a Family Take Five poster at home to mirror what your child learned in class. Have them walk you through the activity. The ultimate goal is to have 5 clear ways to calm down during times of stress.

**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,