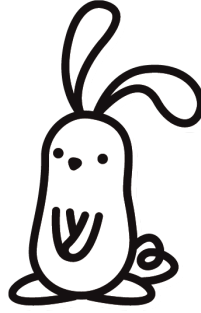


Caring



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 still a fairly new concept for children this age, we will focus on the following topics:

TOPIC	QUESTIONS WE'LL BE EXPLORING	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 they can care for themselves. Work with them to identify ways they can show kindness to themselves first and foremost.
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.

Key activities we'll be doing:

- Create a personal Happy Place!
- Write Gratitude Chains!
- Brainstorm ways to show compassion!
- Graph Empathy within our classroom!

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

Sincerely,

TRY THIS AT HOME!

Create gratitude chains at home! Using paper, cut long strips and have each person write a different gratitude about something or someone in your home. Link the strips together to form a chain. Each morning or night, tear one off and read it aloud!