



Responsibility

Hello Parents and Guardians,

Welcome to Unit 5 of our Kindness in the Classroom curriculum. For the next 6 weeks we will be learning all about RESPONSIBILITY. We will dedicate 30 minutes once a week for our main lesson, with a few 15 minute mini lessons sprinkled throughout our week to help your child go deeper with the concept. We will end the unit with a project that we will all work on together. Since this topic is already known by many of our students this year, we will be diving deeper as we explore the following topics:

GOALS FOR THIS UNIT

- ✓ Practice strategies to improve their self-discipline
- ✓ Understand the various sources of responsibility
- ✓ Evaluate how to make a decision when there is conflict in responsibilities

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
Increasing Personal Responsibilities	<ul style="list-style-type: none"> ● How can we make even more responsible choices through self-discipline? 	As your child gets older, he or she will have increasing responsibilities - at home, at school, in clubs or on teams, and in the community. It can become overwhelming if you don't have the self-discipline skills to manage everything that is required or expected of your. Take time to ask your child about the self-discipline strategies he/she is learning about in this unit.
Sources of Responsibility	<ul style="list-style-type: none"> ● Where does our responsibility come from? ● How can knowing the sources of responsibility help us prioritize our actions and how we meet our responsibilities? 	Ask your students about his or her sources of responsibility. See if they can first identify all they are responsible for and then where those responsibilities come from.
Conflict in Responsibility	<ul style="list-style-type: none"> ● What do we do when two responsibilities are in conflict? ● How do we use critical thinking and decision-making to arrive at good, responsible choices? 	Ask your child about the conflict resolution strategies he/she is learning about in this unit, with regard to responsibility.

TRY THIS AT HOME!

Let your child menu plan this week with (or for!) you. Encourage him or her to plan meals that can be prepared in advance or where leftovers can be meaningful parts of another meal. For example - if you are having tacos with rice on Monday, maybe you can have a stir-fry on Tuesday using the leftover rice. Let your child get creative and really think about how to be responsible with your family's food planning and consumption.

We will continue our Kindness in the Classroom curriculum throughout the year. Please join us on this journey using this handout and the at home activity as a way to connect with your child regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.

Sincerely,