

Caring



Hello Parents and Guardians,
 Welcome to Unit 2 of our Kindness in the Classroom curriculum! For the next 6 weeks we will be learning all about CARING. 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, we will be diving deeper as we explore the following topics:

GOALS FOR THIS UNIT

- ✓ Utilize self-care tools and methods to increase a feeling of self worth.
- ✓ Develop the skills of empathy and compassion for both people they know personally and others within their community.
- ✓ Practice both giving and receiving gratitude through a foundation of kindness.

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
Self-Care	<ul style="list-style-type: none"> ● How important is your own self-care? ● Do you place a high priority on taking care of yourself each and every day? ● How do you care for yourself on a daily basis? 	Talk with your child about how important self-care is as you grow older and your body begins to change. Discuss the consequences of poor self-care (cavities, skin problems, etc.)
Gratitude	<ul style="list-style-type: none"> ● What are you most grateful for at school and at home? ● How do our words and actions show others we are thankful for who they are and what they do for us? 	Make a list of things you are grateful for as a family or household. Talk with your child about HOW we show gratitude with the people in our home. Challenge them to go beyond a simple thank you.
Compassion	<ul style="list-style-type: none"> ● What does compassion look like to you? ● How do we show compassion to others our own age? ● How do we demonstrate compassion for adults that are struggling? 	Talk with your child about people in their school 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? 	Select something that is going on in the news right now. How can we empathize with some of the people we hear about?

TRY THIS AT HOME!

As a family, make a commitment to express one gratitude aloud each day for a week. If desired, write down your gratitudes and save them in a box or jar. At the end of the week, read all of them together to emphasize an ongoing sense of gratitude for what you have!

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,