



Responsibility

Hello Parents and Guardians,

Welcome to Unit 5 of our Kindness in the Classroom curriculum. For the next 4-6 weeks we will be learning all about RESPONSIBILITY. Since this is a familiar concept for children this age, we will focus on the following topics:

TOPIC	QUESTIONS WE WILL EXPLORE	HOW YOU CAN HELP AT HOME
Responsibility	<ul style="list-style-type: none"> What does it mean to be responsible for your actions? How do you accept responsibility for what you say and what you do? 	Create a list of school and home responsibilities with your child. Emphasize how their responsibilities actually help their class. What are they responsible for at home? Explore that as well! .
Perseverance	<ul style="list-style-type: none"> How do we stick with things, even when they are difficult for us? How can we use perseverance to reach our goals? How does cheating hurt us in the long run? 	Practice identifying small goals with your child. List the steps it will take for them to reach that goal. Celebrate with them when they succeed! Goal setting is a lifelong skill.
Self-Discipline	<ul style="list-style-type: none"> What is self-discipline? How do we use self control in our classroom? What might happen if we didn't stay in control of ourselves? 	Talk with your child about what self-discipline looks like in their class. How do we sit in our chairs/at the table? How do we answer a question? How do we move through the building? Emphasize kind, safe actions.

Key activities we'll be doing:

- Overcome obstacles to self-discipline!
- Identify how our responsibilities help others!
- Complete an energy inventory for our school!
- Set and achieve a personal goal!

TRY THIS AT HOME!

Ask your child about the goal they set in class during this unit. Have them explain the steps they established and walk you through the path they plan on taking to accomplish their goal.

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,