



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 WILL EXPLORE	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 important self-care is as you grow older. Discuss the consequences of poor self-care (cavities, skin problems, etc.)
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 school that may be struggling. Brainstorm ways they can show compassion for them.

Key activities we'll be doing:

- Create a working list of how to show caring within our class and school!
- Play Gratitude Human Tic-Tac-Toe!
- Design cards for sick children in the hospital!
- Participate in a Caring Tea Party!

TRY THIS AT HOME!

Play gratitude tic-tac-toe with your child at home. Using a standard tic-tac-toe board, share one gratitude about the other player before you place your X or O. Continue until someone has won or the board is full!

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,

