

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 student go deeper with the concept. We will end the unit with a project that we will all work on together. Since this topic might feel super familiar to many of our students this year, 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? ● What does mental self-care look like? 	Talk with your student about the differences between basic self-care and positive mental health. Self-care goes beyond just getting up and getting dressed. Emphasize the importance of seeing value in ourselves.
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? ● How do acknowledge the little things others do for us on a day to day basis? 	Encourage your child to list 5 things their teachers do for them each day without asking. Talk to them about taking time out of their day to say thank you for those little things. Teachers really appreciate it when students notice all their hard work.
Compassion	<ul style="list-style-type: none"> ● Why is it sometimes difficult to show compassion to kids our own age? ● How do we demonstrate compassion for people outside our immediate community? 	Talk with your child about people in our country that may be struggling. Brainstorm ways they can show compassion for them.
Empathy	<ul style="list-style-type: none"> ● How do you personally define empathy? ● How can you feel empathy for someone you have never met? 	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 household, make one big goal to increase your self-care in some way. One example might be to increase your positive self talk by saying one nice thing to yourself in the mirror each morning while getting ready. After a week or so, come back together to talk about how that one small change has helped you feel better about yourself!

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,