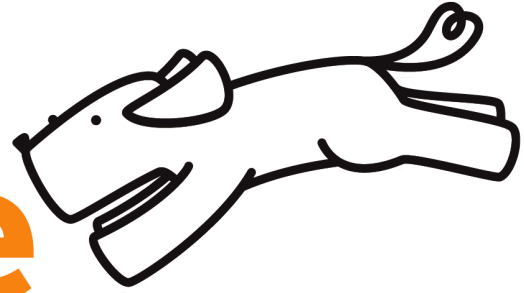


# Courage



Hello Parents and Guardians,

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

| TOPIC                 | QUESTIONS WE'LL BE EXPLORING   | HOW YOU CAN HELP AT HOME  |
|-----------------------|--|---|
| <b>Courage</b>        | <ul style="list-style-type: none"><li>• What does it mean to show courage?</li><li>• How can we use courage to be ourselves?</li><li>• How can we use courage to stand up for others?</li></ul>                                    | Discuss the importance of always being true to yourself first. You are a valuable and important member of the class and of this family! Talk about how to use courage to stand up for others who might not stand up for themselves. |
| <b>Kindness</b>       | <ul style="list-style-type: none"><li>• How does it take courage to be kind?</li><li>• How can we be kind even when others are not?</li><li>• How can we use everyday actions to show random acts of kindness to others?</li></ul> | Talk about random acts of kindness, when we do kind things for no specific reason! How do little kind acts brighten someone's day? Why does that take courage?  |
| <b>Heroes/Leaders</b> | <ul style="list-style-type: none"><li>• Who do you look up to?</li><li>• Why is that person a hero to you?</li><li>• How do they lead others?</li></ul>  | Start a conversation with your child about who they look up to. Do they have a hero? If so, why do they look up to them? How is their hero courageous?  |

### Key activities we'll be doing:

- Design themselves as a superhero!
- Brainstorm the positive effects on others when we are courageous!
- Use courage to take care of the school community!
- Perform Random Acts of Kindness!

**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,

### TRY THIS AT HOME!

Hang up your child's superhero picture on the refrigerator. Leave it up all summer and remind them of how strong they are whenever they start to feel down or defeated! Each one of us has the courage of a superhero if we really look inside!