

# 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 their own self-respect.
- ✓ Examine their current life situation and highlight areas of gratitude, no matter how small.
- ✓ Practice demonstrating genuine empathy and compassion for others within their own community.

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
<b>Self-Care</b>	<ul style="list-style-type: none"> <li>● How important is your own self-care?</li> <li>● What does mental self-care look like?</li> <li>● Why is sleep so important?</li> </ul>	Talk with your student the importance of mental health as a form of self-care. Self-care goes beyond just getting up and getting dressed. Emphasize the importance of proper sleep and how it affects other parts of our lives.
<b>Gratitude</b>	<ul style="list-style-type: none"> <li>● How do our words and actions show gratitude for other kids our own age?</li> <li>● How can we show gratitude to people our own age without faking it or merely saying “thanks”?</li> </ul>	Encourage your child to list 5 creative ways to show gratitude to others in their classes. Discuss the importance of genuine gratitude versus a casual thank you.
<b>Compassion + Empathy</b>	<ul style="list-style-type: none"> <li>● Why is it sometimes difficult to show compassion to kids our own age?</li> <li>● How do we demonstrate compassion for people we don't necessarily agree with?</li> <li>● Why do empathy and compassion go together?</li> <li>● Why is it necessary to have both when offering others assistance?</li> </ul>	Talk with your child about showing compassion for others they struggle with. Encourage them to find common ground, even if they are not friends with the other person.

## TRY THIS AT HOME!

As a household, track your sleep each night. In addition, track your mood when you wake up in the morning. Is the amount of sleep you are getting enough to leave you feeling refreshed for the day? If not, set a goal to get to bed earlier or start a relaxing routine to wind your body down (bath, reading, calming music, etc.). This can help you fall asleep quicker! Sleep is a vital self-care tool to help both our physical and mental health.

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,