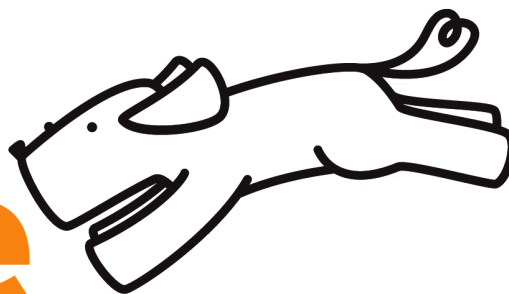# Courage

Hello Parents and Guardians,

Welcome to Unit 6, the last 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
Courage to Be Me!	● What does it mean to show courage? ● How can we use courage to be ourselves? ● Why is it important to stay true to who we are even when making new friends?	Discuss the importance of always being true to yourself first. You are a valuable and important member of the class and of this family!
Courageous Acts	● What does it mean to stand up for what we believe in? ● How can we use courage to stand up for others? ● How can we be the voice of those who cannot speak for themselves?	Talk about how to use courage to stand up for others who might not stand up for themselves. Your voice counts!
Kindness	● How does it take courage to be kind? ● How can we be kind even when others are not? ● How can we be kind in the face of hatred? ● How can we use everyday actions to show random acts of kindness to others?	Talk to your children about bullying. What can you do when someone treats you unkindly? Discuss positive ways to respond in kindness regardless of how others may treat you.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?

Key activities we'll be doing:

● Identify times they went with the crowd and highlight ways to embrace their uniqueness!
● Participate in Kind word role plays!
● Create a Community of Kindness Top Ten!
● Perform Random Acts of Kindness!

If you have any questions about our *Kindness in the Classroom* lessons, please feel free to contact me at anytime. We are on this kindness path together!

Sincerely,

TRY THIS AT HOME!

Brainstorm ideas with your child on different acts of kindness you can do within your own neighborhood. What are ways you can give back and spread kindness in the community you live in? Some ideas might include picking up litter, planting flowers, setting up a free library box, etc.

RANDOM ACTS OF KINDNESS
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