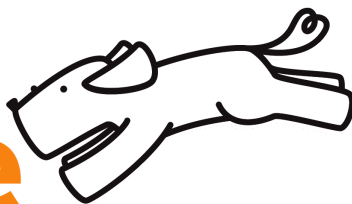


# Courage



Hello Parents and Guardians,

Welcome to Unit 6, the final unit of our Kindness in the Classroom curriculum! For the next 6 weeks we will be learning all about COURAGE. 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 child go deeper with the concept. We will end the unit with a project that we will all work on together.

Since this topic has several new ideas, we will be exploring the following topics:

## GOALS FOR THIS UNIT

- ✓ Gain a deeper understanding of the kindness and courage required to embrace humility in a variety of situations.
- ✓ Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.
- ✓ Draw connections between vulnerability and courage.

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
<b>Vulnerability</b>	<ul style="list-style-type: none"> <li>● What is vulnerability?</li> <li>● How does it take courage to be vulnerable?</li> </ul>	Talk with your child about the importance of letting their guard down to be themselves around trusted friends. You are a special and unique person! Let others see that side of you!
<b>Humility</b>	<ul style="list-style-type: none"> <li>● What is humility?</li> <li>● What is it NOT?</li> <li>● How does it take courage to be humble?</li> </ul>	Review the RAK definition of humility with your child. Reinforce the concept that humility is building others up without looking for attention and admitting areas within your life that need work.
<b>Courage</b>	<ul style="list-style-type: none"> <li>● What does courage look like to you?</li> <li>● How does it take courage to stand up for others?</li> <li>● How can you use courage when dealing with bullying?</li> </ul>	Discuss the different types of courage with your child. Many people think it is only about physical strength. Help draw connections between vulnerability, humility and courage. How does it take strength to be vulnerable and humble?
<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 in the face of hatred?</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?

## TRY THIS AT HOME!

As a household, commit to doing random acts of kindness throughout your neighborhood or community. Take one day and do kind things for both people you know and complete strangers for no reason. At the end of the day, talk with each other about how it felt. What was your favorite act of kindness? Were you able to see the results of every act you performed? If not, how did it feel just doing an act of kindness, but not being able to see the other person's reaction?

This is just the beginning! We will be working through 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 student regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.

Sincerely,