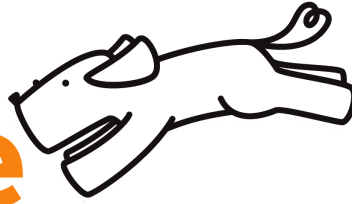


Courage



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

- ✓ Practice utilizing 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.
- ✓ Explain the connection between vulnerability and courage.

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
Vulnerability	<ul style="list-style-type: none"> ● What does vulnerability look like? ● How does it take courage to be vulnerable? ● How can we use vulnerability to help others feel welcome in our school? 	Talk with your child about how they are an individual with amazing and unique qualities. Encourage them to embrace what makes them different, rather than hide things in an effort to fit in.
Humility	<ul style="list-style-type: none"> ● What is humility? What is it NOT? ● How does it take courage to be humble? ● How can we build others up without looking for attention ourselves? 	Ask your child to explain the RAK definition of humility. How does this differ from society's definition?
Courage	<ul style="list-style-type: none"> ● What does courage look like to you? ● How does it take courage to stand up for others? ● How can you use courage when dealing with cyberbullying? 	Discuss online bullying with your child. Ask them to explain what that looks like for them. Brainstorm ways to use courage to stand up for others online as well as face to face.
Kindness	<ul style="list-style-type: none"> ● How does it take courage to be kind? ● 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 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 for one another throughout a designated time frame (a day, a week, etc.). During this time, do nice things for one another (both in plain sight and in secret) for no reason other than to be kind. At the end of the designated time frame, talk with each other about how it felt. What was your favorite act of kindness? 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,