

# All About Kindness

Parents,

Hello! Here at school, we discuss a different character trait every month through our Worthy Warrior of the Month character education program. This month we are very busy learning about kindness- what it means and how we can be kind to others! Kindness is not only stressed this month, but year round! Learning happens best when it is done both at school and at home. Below are many ways that you can help your child continue to learn about the theme of kindness through reading about it, talking about it, and practicing it! We are really enjoying exploring this topic at school, and I hope your family will enjoy it just as much!

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## Read About It!

Here are some books to help you learn more about kindness (they can be found online on YouTube as a read aloud):

- How Kind! by Mary Murphy
- The Golden Rule by Ilene Cooper
- The Lion and The Mouse by Jerry Pinkney

## Practice It!

Spend time writing encouraging notes to people in your community. This could be neighbors, policeman, teachers, nursing home residents, firefighters, anyone! Have your child go with you to deliver your notes of kindness!

## Talk About It!

Here are some discussion points to help you talk about kindness with your child:

- Tell me about a time when someone was kind to you. How did it make you feel?
  - What do you think kindness means and why is it important?
  - Who is someone in your class you can be kind to?
- What are ways you can be kind to people at home, at school and in the community?
- Name as many ways you can think of to be kind to someone that are free.