



**Not Just Better Students,
Better People**

Kindergarten

Summary: In this week's lesson, your child will show what they've learned about kindness and the power of kind acts to help people feel good. They'll draw themselves doing a kind act for someone at school.

Try This at Home: Ask your child to show or tell you about their drawing of doing a kind act for someone at school. Encourage them to draw a picture of themselves doing a kind act at home, too.

1st Grade

Summary: In this week's lesson, your child will show what they've learned about kind acts as they role-play doing kind acts for others in a variety of contexts.

Try This at Home: Choose a day of the week (for example, Wednesdays) as "kindness day." Help your child think of kind acts they can do for family members, friends, or neighbors. Write the kind acts on the calendar for the next several weeks.

2nd Grade

Summary: In this week's lesson, your child will use empathy to come up with a kind act they could do for a person they choose.

Try This at Home: Ask your child who they chose to have empathy for and what kind act they decided to do.

3rd Grade

Summary: In this week's lesson, your child will show what they know about empathy and kindness by planning kind acts to do for someone they care about.

Try This at Home: Ask your child about the kindness coupons they made in class. Ask how they chose the kind acts for each person.

4th Grade

Summary: In this week's lesson, your child will practice asking questions to better understand someone's point of view when it's harder to empathize.

Try This at Home: Discuss with your child the benefits of learning more about the different points of view of people in your family. If there's a point of view they don't understand, think of questions together that they can ask to learn more about it.

5th Grade Summary: In this lesson, your child will choose a solution to a problem in their school community and explain how it meets the wants and needs of the people who are affected by the problem. Try This at Home: Point out a change that has happened in your neighborhood recently that was intended to solve a problem. Ask your child if that change was a good solution and how they know.	6th Grade Summary: In this week's lesson, your child will practice choosing an emotion-management strategy that works best for them in a given setting. They'll look at several different settings and pick a strategy they think will work for them. Try This at Home: Discuss different scenarios that might happen at home or school where your child might need to use an emotion-management strategy. Talk through the scenarios and ask your child to share their thinking and reasoning with you.
7th Grade Summary: This week, your child will practice a strategy called positive self-talk to help them reframe challenging situations. Try This at Home: Ask your child to explain what "negativity bias" is. Share with each other one or more good things that happened today.	8th Grade Summary: In this week's lesson, your child will analyze stressful situations and decide if they need to change their strategy or get outside help to manage their stress. Try This at Home: Tell your child about a time you needed help managing stress.