



Not Just Better Students,
Better People

Kindergarten

Summary: In this week's lesson, your child will learn different ways they can show kindness at school. The class will share ideas for kind acts they could do for one another.

Try This at Home: Ask your child to tell you about the kind acts they and their classmates have been doing for one another at school this week.

1st Grade

Summary: In this week's lesson, your child will role-play doing kinds acts in response to different scenarios.

Try This at Home: Ask your child to tell you about the kind acts they and their classmates have been learning about at school this week.

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 in their school community.

Try This at Home: Ask your child what member of their school community they had empathy for and what kind act they chose to do for that person.

3rd Grade

Summary: In this week's lesson, your child will practice asking questions to help them understand how someone else is feeling and what they can do to help.

Try This at Home: Ask your child what questions they can ask to find out how someone feels and what they may want or need. Discuss how checking in on someone's feelings is a great way to show you care about them.

4th Grade

Summary: In this week's lesson, your child will learn that better understanding someone's point of view can change your own point of view and how you act.

Try This at Home: Ask your child to describe a time when learning more about a different point of view changed their own thoughts or actions. Tell your child about a time when this happened to you.

5th Grade Summary: In this lesson, your child will evaluate possible solutions to a community problem by thinking about the points of view of the people who are affected by the problem. Try This at Home: Point out a problem in your neighborhood that affects other people. With your child, make a list of possible solutions to the problem. Ask your child how different groups in the community might feel about each solution.	6th Grade Summary: In this week's lesson, your child will learn and practice several emotion-management strategies to help them make good decisions when they're feeling a strong emotion. Try This at Home: Ask your child what strategy they like to use when they realize they need to manage their emotions. Share a strategy you like to use and see if it's also helpful for them.
7th Grade Summary: In this week's lesson, your child will learn ways to reframe a situation by turning unhelpful thoughts into helpful thoughts. Try This at Home: Ask your child to explain the difference between helpful and unhelpful thoughts. Tell your child about an unhelpful thought you had today and how you were able to change it to a helpful thought. Ask your child if they had an unhelpful thought and how you can support them in changing it to a helpful thought.	8th Grade Summary: In this week's lesson, your child will learn some strategies for managing stress. These strategies include: slow breathing, reframing challenging situations, positive self-talk, and progressive muscle relaxation. Try This at Home: Ask your child what makes them feel stressed and how they cope with that stress. Share your own stressors and helpful ways you manage stress.