

# BE KIND

## Caregiver Handout



What your child learned this week:	
Skills:	Content:
<ul style="list-style-type: none"><li>• Communication</li><li>• Connecting with Others</li><li>• Perspective Taking</li><li>• Word Awareness</li></ul>	<ul style="list-style-type: none"><li>• Identifying feelings</li><li>• Expressing emotions appropriately</li></ul>

Activities to do at home to reinforce this week's learning goals:
<ul style="list-style-type: none"><li>• Encourage your child to talk with you about their friendships.</li><li>• Start a family kindness jar. You will need a jar and small objects (like jellybeans or coins). Every time your child performs an act of kindness, acknowledge the focus word “<i>kind</i>,” and let them put a piece of candy into the jar. When the jar is full, celebrate!</li><li>• Make a tent with a sheet or blanket and sit inside with your child and another child. Read a book together and take turns turning the pages. Reiterate the importance of sharing responsibility.</li><li>• Check in with your child about their feelings throughout the day to encourage them to tell you how they are feeling. Ask why they are feeling that way.</li></ul>

Recommended books to read with your child to reinforce this week's learning goals:
<ul style="list-style-type: none"><li>• <i>How Do Dinosaurs Say I'm Mad?</i> by Jane Yolen and Mark Teague (Scholastic Inc, 2013) This book demonstrates different ways to express emotions.</li><li>• <i>Llama Llama and the Bully Goat</i> by Anna Dewdney (Viking Books for Young Readers, 2013) This book teaches how to deal with teasing.</li><li>• <i>Can I Play Too?</i> by Samantha Cotterill (Dial, 2020) A young boy building a train track with his friend is headed for trouble until a teacher steps in and helps him learn social cues of anger and happiness.</li></ul>

# Contacting Teachers and Schools

- Find out the best way to contact the teacher. Ask for times when it is convenient to talk. Don't expect them to be able to talk during the school day. (Remember, they are teaching!)
- Don't wait until there is a problem to contact your child's teacher.
- Write short notes explaining the issue (via e-mail, if possible) and follow up with a phone message to the school if you don't get a response in a few days. Be sure to include your phone number and/or e-mail address.
- Be diplomatic, especially in e-mail. Choose words carefully and avoid criticizing the teacher. Report the facts and avoid including emotional statements in writing. Be brief, stick to the point, and don't use animation, pictures, or graphics. Stick to school-related information in e-mail.
- Be positive and curious. Open with phrases such as "Can we talk about...?" Use "I" statements such as "I'm confused about..." so you don't put the teacher on the defensive.
- Always address your child's teacher with any problems first. The teacher will most likely be your biggest ally. If you have communicated with the teacher and the problem is not resolved, then reach out to the principal, school counselor, or nurse.

The following is an example of a template for documenting incidents:

School's Name:	_____
Student's Name:	_____
Incident Date and Time:	_____
Where the Incident Occurred:	_____
Name(s) of people involved:	_____
Incident Description:	_____ _____ _____
Action Taken:	_____ _____ _____