

# KINDNESS CURRICULUM FAMILY ENGAGEMENT ASSIGNMENTS

## Feelings and Moods

When we talk about our feelings, it helps us understand ourselves and each other. Please complete the assignment, sign, and return to the school contact.

Note- each of your children need their own page

**Assignment** List your and your child's responses to what makes you feel:

### **HAPPY/PLEASED**

You:

Your child:

### **SAD/DISENCOURAGED**

You:

Your child:

### **IRRITATED/ANNOYED**

You:

Your child:

### **CALM/SECURE**

You:

Your child:

Signatures: \_\_\_\_\_

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## Respect

It is important to respect ourselves, our family, our school, and our home environment. Please complete the assignment, sign, and return to the school contact. .

**Assignment Assignment** Write down a few good ways to show respect for:

1. Yourself
2. Family
3. School
4. Home

Signatures: \_\_\_\_\_

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FAMILY ENGAGEMENT ASSIGNMENTS**

## Conflict Resolution

If we learn at a young age that conflicts can be resolved, then we will be more prepared to cope with our problems as adults. Every home should have a special place where the family can come and sit down together and think about ways to solve problems. There, everyone must agree to be a good listener, to be honest, and to try to cooperate. Please complete the assignment, sign, and return to your school contact.

**Assignment: Choose a problem solving place in your home. Write down or draw where that is.**

Signatures: \_\_\_\_\_

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## Self-Control

Everybody feels angry sometimes. What we do with our angry feelings is very important. Please complete the assignment, sign, and return to your school contact.

**Assignment** Together with your child, circle the things we can do when we're angry, and cross out the things we shouldn't do when we're angry

**Talk about how you feel**

**Hit Someone**

**Count to ten**

**Breathe deeply**

**Go to another room**

**Throw things**

**Take a bath**

**Call someone names**

**Other:** \_\_\_\_\_

Signatures: \_\_\_\_\_

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## Kindness

A child's understand of love can be built on healthy adult relationships he or she observes. Please complete the assignment, sign, and return to your school contact.

**Assignment** Together with your child, commit an act of kindness by helping someone else. In the space provided, write down what you did.

Signature(s): \_\_\_\_\_

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## Friendship

Friends help and listen to each other. They trust and respect each other and have fun together. Please complete the assignment, sign, and return to your school contact,

**Assignment** Ask your child for the name(s) of their friend(s) at school, and write them here.

Write down a couple reasons why your child considers this individual/these individuals friends:

Signatures: \_\_\_\_\_

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## Warmth

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Showing warmth and gentleness is a way to show your child that you love them, and they love you. Please complete the assignment, sign, and return to the school contact.

**Assignment** Children agree to hug their parents/caregivers at least once a day for the next week. And parents/caregivers agree to hug their children at least once a day for the next week.

Signatures: \_\_\_\_\_