

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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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: _____

Box Out Bullying Presents:

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Warmth

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: _____