

Kind and Helpful Me

This week, we are focusing on being kind and helpful.
 We will notice how a kind act can make a difference and practice passing kindness on to others.



Word of the Week
 compassion
Compassion means to notice when others are hurting and to want to help them.
 Use the Word of Week at home. You might say:
You showed compassion when you helped your little brother get up after he fell at the park.

Positive Words

Brainstorm a list of kind and positive words with your child, such as *please, thank you, way to go, amazing, beautiful, creative, excellent, fabulous, fantastic, happy, kind, nice, perfect, special, smile, terrific, wow, and yes.* Then notice when your child uses these positive words throughout the day.

More Words to Know
 caring
 cheer up
 compliment
 generous
 kindness
 pass it on
 tally marks

Show Kindness

Do something nice for a neighbor, friend, or relative and involve your child. You might help to rake the leaves or clear a sidewalk after a snow storm. You might help your neighbor carry bags of groceries into the house. You might even pick some flowers growing in your yard and deliver them to a friend. Discuss the good deed and how it makes you feel.

10 Items or Less

Before going through the express checkout line at the grocery store, invite your child to help you count the items in your basket to be sure there are ten or fewer. Count together and ask: *Is seven (the number you counted to) less than ten?*

Pass It

Pass a ball or beanbag back and forth with your child. Count each throw. See how many times you can pass it back and forth before a miss. For a greater challenge, increase the distance between the two of you.

Coming Next Week: We will learn about eating nutritious foods.