

Courage



Hello Parents and Guardians,

Welcome to Unit 6, the final unit of our Kindness in the Classroom curriculum! For the next 6 weeks we will be learning all about COURAGE. We will dedicate 30 minutes once a week for our main lesson, with a few 15 minute mini lessons sprinkled throughout our week to help your child go deeper with the concept. We will end the unit with a project that we will all work on together.

Since this topic has several new ideas, we will be exploring the following topics:

GOALS FOR THIS UNIT

- ✓ Identify personal examples that promote the use of humility as a courageous tool to treat others with kindness.
- ✓ Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.
- ✓ Provide examples of how vulnerability and courage are connected.

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
Vulnerability	<ul style="list-style-type: none"> ● How do you define vulnerability? ● How does it take courage to be vulnerable? ● How can we use vulnerability to encourage genuine friendships? 	Talk with your child about intentionally embracing their unique qualities. Encourage them to embrace what makes them different, rather than hide things in an effort to fit in.
Humility	<ul style="list-style-type: none"> ● How do you define humility? ● How does society define it? ● How does it take courage to be humble? ● How can we use humility to accept areas we need to work on and seek out assistance? 	Ask your child to explain the RAK definition of humility. How does this differ from society's definition?
Courage	<ul style="list-style-type: none"> ● What does courage look like to you? ● How does it take courage to step outside your comfort zone and try something new? ● How can you use courage when dealing with cyberbullying? 	Discuss trying new things with your child. By this age, talents and preferences have often been clearly identified. Encourage them to step outside this comfort zone and try something they might not be "good" at. Life is full of opportunities if we just have the courage to try them out!
Kindness	<ul style="list-style-type: none"> ● How does it take courage to be kind? ● How can we be kind in the face of hatred? ● How can we use everyday actions to show random acts of kindness to others? 	Talk about random acts of kindness, when we do kind things for no specific reason! How do little kind acts brighten someone's day? Why does that take courage?

TRY THIS AT HOME!

As a household, commit to doing random acts of kindness throughout your neighborhood or community. Take one day and do kind things for both people you know and complete strangers for no reason. At the end of the day, talk with each other about how it felt. What was your favorite act of kindness? How did it feel doing an act of kindness, but not being able to see the other person's reaction?

This is just the beginning! We will be working through our Kindness in the Classroom curriculum throughout the year. Please join us on this journey using this handout and the at home activity as a way to connect with your student regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.
Sincerely,