

### What Is My Child Learning?

#### Unit Themes

Your child is learning about the power of kindness to let others know we care about them. First graders talk about ways they can be kind to people at school and elsewhere, including asking “Are you okay?” and “Would you like some company?” when they notice someone is upset. Later in the unit they practice offering to help and inviting someone to join them in play.

#### Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- Display greater empathy
- Engage in positive behaviors
- Avoid aggressive behaviors



### Practice at Home

#### What to Look For

**Notice and praise your child when** they show kindness or do a kind act for others. For example, when they offer to help someone, ask a family member “Are you okay?”, or invite a friend to play with them. You can say, **I noticed you did a kind act when you offered to help me clean up. That’s a great way to show you care!**

#### Try This!

**Discuss:** A few times a week, ask your child, **What was a kind act you did today?** or **What were some kind acts that others did for you?**

**Practice:** After your child has practiced offering to help at school, have them practice with people they know. Remind them that asking “Do you want help?” is a way to show others we care about them.

**Practice:** After your child has practiced inviting someone to join them when they’re at school, help them practice with friends or siblings. Remind them that asking “Do you want to play with me?” is a kind act that helps everyone have fun together.