

FAMILY CONNECTIONS

Guide to teaching the pillar of caring at home

Be kind • Be compassionate and show you care • Express gratitude • Forgive others
• Help people in need • Be charitable and altruistic

Dear Parents and Families,

This month we are focusing on the Character Counts Pillar of Caring. Our district believes that every child has the potential to be caring and we will do all that we can to promote this pillar, but we need your help! Below is a list of ideas to work through with your family!

What can YOU DO at home?

- Never underestimate the power of a smile. Even if you don't know someone, it doesn't hurt to smile, and it can brighten someone's day. Smiles can be very contagious too!
- Encourage and model the art of sending thank you cards when someone has given something or done something nice for you. Thank you notes are always appreciated.
- Continually review appropriate manners for different situations with your children. When they forget or don't use the appropriate manners discuss and model for them. The more we teach and show them now the more likely they will become a permanent habit or way of life for them later. Encourage them to be polite even when the other person is not. This can be very hard to do, but a caring person does not want to lower themselves to the level of the rude person. Sometimes our polite behavior can help raise the behavior of the rude person.
- Help them to be aware of good deeds that can be done without having to be asked. If you notice something needs to be done, take the initiative and do it. These acts of kindness will be greatly appreciated.
- As a family, make a list of all the things and gifts that you have to be thankful for. When you wish for something that you don't have or would like, follow it up with thanks for what you do have.

