



## What Is My Child Learning?

### Unit Themes

Your child is learning about the power of kindness to help people feel good. Kindergartners learn examples of kind acts and talk about why being kind to others is important. Toward the end of the unit, they practice two kind acts: offering to share and offering a hug.

### 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 kind acts for others. For example, when they help someone, share a toy, or offer a hug. You can say, **I noticed you were kind and shared your toys. That's a great way to help your sister feel good!**

### 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 share at school, help them practice offering to share when playing with siblings or friends. Remind them that asking “Would you like to share?” is a kind act that helps everyone have fun together.

**Practice:** After your child has practiced offering a hug at school, practice at home during pretend play. Choose a stuffed animal or a doll and pretend it's feeling sad. Encourage your child to ask, “Would you like a hug?” to help the toy feel better.