Dear Parent,

How do we teach kindness to children? Is it possible to teach kindness? Children pay close attention to what we adults say and how we adults act. Helping a child develop empathy towards others is an important part of being a parent. Social and emotional skills come more easily to some children than to others, but regardless, these skills are just as important to nurture (maybe even more so) than fine motor, language, and math skills. Our children rely on us to teach them those social-emotional skills.

Today your child heard a story called *How Kind* by Mary Murphy. What goes around, comes around in this farmyard tale about the contagiousness of kindness. Hen gives Pig an unexpected present. "How kind!" says Pig. Pig is so touched, in fact, that he decides to do something kind too. So, Pig gives Rabbit a gift. "How kind!" says Rabbit, who does something kind…. Where will all this kindness lead?
Read Aloud online: https://www.youtube.com/watch?v=ZlD4ErciBHA

 After the story, your child discussed acts of kindness and brainstormed with the class ideas of how to be kind to each other in school. Then the class created a *Kindness Jar* as a visible means to recognize kindness in the classroom from both children and adults. Attached is a handout that explains how you can create a kindness jar at home.

The science of kindness (2 minutes): https://www.randomactsofkindness.org/the-science-of-kindness

View *Kindness Through Their Eyes* https://www.youtube.com/watch?v=c7YW9cMQrw0 to get a feel for how children view kindness.