



What Is My Child Learning?

Unit Themes

Your child is learning behaviors and habits to help them succeed at school and in life. Kindergartners learn that paying attention means watching, listening, and thinking carefully. They also learn why it's important to pay attention: to learn and to stay safe, such as during lessons at school or when helping to cook a meal at home. They discover that mistakes are a part of learning, and that it's important to practice and keep trying in order to get better at something. Toward the end of the unit, kindergartners practice saying kind words, like "Keep going, you can do it!" while learning a new skill—snapping their fingers—to encourage themselves and their classmates.



Why is it important?

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

- **Seek challenges**
- **Do better academically**
- **Handle transitions more easily**

Practice at Home

What to Look For

Notice and praise your child when they show that they're paying attention or are willing to keep trying to learn something new. You can say, I noticed you watching and listening carefully when I showed you how to zip your jacket. Great job paying attention! Or, I saw you try again when it didn't work the first time. Keep practicing and you'll get it!

Try This!

Discuss: After they've tried snapping their fingers at school, talk to your child about it. Ask, **How did you feel when you first tried to snap? Did you get better at it? What helped you get better?** Have them show you their snapping and tell you how they think they can continue to get better at it (practice and keep trying!).

Practice: Help your child choose a task or a skill they would like to learn to do, for example, writing their name, skipping, buttoning their shirt, or drawing a rainbow. Set aside a few minutes each day for them to practice. Remind them that mistakes are okay and that if they practice and keep trying, they'll get it!



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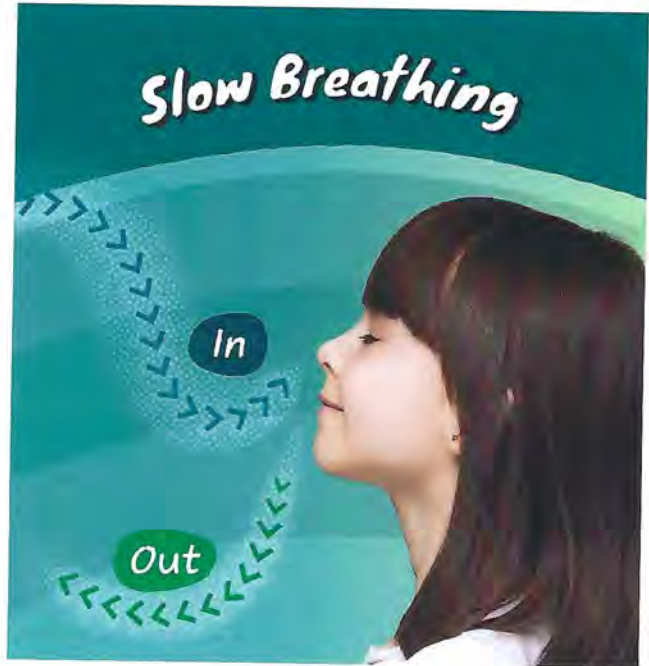
Unit Themes

Your kindergartner is learning to use clues, including looking at a person’s face and body and what’s going on, to recognize 3 common feelings—happy, sad, and mad. Toward the end of the unit, they also become familiar with slow breathing as a way to help themselves feel calm when they experience strong emotions.

Why is it important?

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

- **Be better learners**
- **Build stronger relationships**
- **Have higher self-esteem**
- **Be better problem-solvers**



Practice at Home

What to Look For

Notice and praise your child when they recognize and label feelings—their own and other people’s—or use clues to guess how someone else is feeling. You can say, It does look like that person feels mad. Good job paying attention to their face and body and what’s going on!

Try This!

Discuss: A few times a week, ask your child, **When did you see someone who looked happy today? When did you see someone who looked sad? How did you know they felt that way?**

Discuss: A few times a week, ask your child, **When did you feel mad or sad today? What did you do to feel calm?**

Practice: After your child has learned slow breathing at school, practice with them. Take a deep breath through your nose, hold it for a moment, then slowly release it through your mouth.



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.



What Is My Child Learning?

Unit Themes

Your child is learning ways to solve interpersonal problems. Kindergartners learn that a problem is something that happens between people that causes someone to feel upset. They practice describing common problems, like when two children want to play with the same toy or two friends disagree about whose turn it is to use the jump rope. They also learn that feeling calm first can help them think about how to solve a problem. Later in the unit, they practice apologizing and offering to share and take turns in order to solve problems.



Why is it important?

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

- Display greater empathy
- Experience greater well-being
- Contribute to a better school environment



Practice at Home

What to Look For

Notice and praise your child when they try to help solve problems. For example, when they apologize or offer to share or take turns. You can say, **I noticed you really wanted to play with Joelle's truck. Great job asking her to take turns with you!**

Try This!

Practice: If problems or disagreements arise—for example, between siblings or friends—remind your child to apologize as a way of showing they're sorry and that they care. Encourage them to use phrases like, "I'm sorry," "Are you okay?" and "How can I help?" as appropriate.

Discuss: When reading books or watching a show, help your child recognize problems between characters and talk about ways to solve them. Ask, **What is the problem?** and **What could they do to help solve the problem?**