

Dear Families/Caregivers,

Friendships are a basic human need that contribute to a student's moral, mental, and social development. Friends enrich our lives and help us learn more about ourselves.

We all need friends! We have been learning about friendship. We learned to practice giving and receiving kindness. When people are kind to one another, they fill each other's buckets and can even fill their own. A bucket can be filled by:

- Saying nice things.
- Doing nice things.
- Being helpful.
- Saying *please* and *thank you*.
- Being kind and sharing.
- Saying *Hello*.
- Inviting someone to play.
- Sharing toys.

Here are a couple of activities to help your child give and receive kindness:

- When you're at the park or other public area, direct your child's attention to his or her surroundings. What can you do as a family to be helpful or do nice things for those around you?
- Schedule frequent play dates for you child. Talk with your child about things he or she can do with his or her friends to be kind to one another. Remind your child that to have good friends, he or she must be a good friend.

Sincerely,

Your Child's Teacher