

Dear Families/Caregivers,

Contributing to one's social environment is an essential component of social awareness. To contribute, students must understand the benefits and strategies of social contribution. There are many ways students and their families can contribute to their communities.

In this lesson students learned about random acts of kindness and how small gestures can make a big difference. Some acts of kindness include:

- Smile at someone.
- Lend a helping hand.
- Leave a secret note.
- Offer a bottle of water.
- Help around the house without being asked.

Here are some ways you can help your child practice random acts of kindness:

- When out in your neighborhood or community, help your child spot someone he or she can lend a hand to.
- Thank your child when he or she helps without being asked and emphasize how much their help around the house means to you.
- Provide a stack of small pieces of paper that your child can use to write secret notes of appreciation to people when he or she wants to spread kindness.

Encouraging your child to participate in acts of kindness will help your child to begin to think about contributions he or she can make to the world.

Sincerely,

Your Child's Teacher