

Dear Families/Caregivers,

Values are a person's principles and standards of behavior. They are what a person believes to be important. Studies indicate that people are happier when they act according to their values. Values are first learned at home.

Students have been identifying their own values and looking at how these values influence their day-to-day activities and decisions.

Here are a few ideas to help your child better understand your family's values:

- Family rules are one way to understand what your family values. Talk about your family's rules. It may be helpful to display the rules where family members can see them often. Refer to them as family members make choices that support or go against the family's values. Help your child see how your rules support your family's values.
- Create a chart of your family's values and list activities that you do that support each value.
- Choose one of your family's values and plan something that you can do together to support that value. For example, if your family values generosity, plan a day to clean out your closets and donate to your favorite charity.

It is important for your child to understand your family's values. Developing a clear sense of your family's values will help your child choose activities and make decisions that support those values.

Sincerely,

Your Child's Teacher

