

WEEK 2 Introducing Good Deeds



Dear Parent/Guardian,

For Your Heart

In this lesson, we establish the foundation of others-centeredness upon which Manners of the Heart is based. We have found by learning to follow the rules, children develop not only respect for others, but also respect for themselves. Children are learning:

- Rules are opportunities to perform good deeds.
- Why rules are important to learning and growing.
- By helping others learn and grow, they learn and grow too.

Third graders are creating a Class Constitution based on the Manners of the Heart principle of putting the needs of others ahead of your own. They are defining rules for how they will treat each other. Through this exercise, children develop not only respect for others, but also respect for themselves.

For the Heart of Your Child

Why not follow the lead of your child's class and work together to create a Family Constitution using the same three-step process. Gather your children and allow each member of the family to answer the following questions to help form your constitution:

- **ATTITUDES:** What attitudes in our hearts should govern our words and actions?
 - *Treat others the way I want to be treated*
 - *Listen respectfully to what each other has to say*
- **WORDS:** How should we speak to one another?
 - *Always use kind words*
 - *Encourage one another*
- **ACTIONS:** How should we behave ourselves at home?
 - *Follow the rules of the house*
 - *Be generous hosts when company comes*

Write on poster paper or type and print the rules for posting in the kitchen or family area for all to see!

The first and last rule should always be RESPECT!

From our hearts to yours,



PS Ask your child what RESPECT means!



RESPECT—Treating others with dignity