

Humility MARCH 2026



SAY IT:

I don't have to be first.

KNOW IT:

FAMILY DISCUSSION TIME

- What are some situations that have a winner?
- How does it feel when you don't win a game? How does it feel when you win?
- Describe a time when you have let someone else go before or in front of you. How do you think it made that person feel?
- What does it mean when we say "I don't have to be first"?

SEE IT:

Throughout the month, take turns letting different family members be the "leader" for the day or week. The leader can make simple choices for the family, such as picking a dinner menu, choosing a movie to watch, selecting a game to play, or deciding on a fun place to visit. Encourage everyone in the family to support the leader's decisions and look for the good in each activity, even if it's not their personal favorite. This experience helps preschoolers learn to both lead and follow, reinforcing the idea that humility means being okay with not always being in charge and finding joy in lifting others up.

BE IT:

Play a game of Jenga together as a family, but this time, pay special attention to the blocks at the top. Notice how those top blocks can only stay in place because of the strong foundation of blocks underneath them. As the lower blocks are removed, the tower becomes less steady, just like in life. This can be a powerful way to talk about humility. Just like the Jenga tower, we all rely on the support of others. We're not better than anyone else, and we don't always have to be the biggest or the best. Take a moment to talk as a family about the people who have built a strong foundation for you - those who have supported, guided, and helped you grow. You might even want to write thank-you notes together to show appreciation for these important people.

PHASE

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It's pretty simple – the words we use with kids matter.

Our words have an impact each day on what kids think of themselves, their future, and their interactions with the world. Here are some words you can use every day:

Good morning!

I love you

I have noticed...

I hope you know...

Have fun!

Keep trying

I'm really proud when...

Work hard

I've been thinking...

I'm sorry

Be kind

I can always count on you to...

So don't miss it. It's just a phase! Make sure you are using words every day to build up the skills you want to see in your child.