Dear Parents/Caregivers,

Your first graders will participate in an upcoming SEL lesson delivered in March by professional educators from Hunterdon Prevention Resources, Inc. Readington has partnered with Prevention Resources for many years, particularly with their Child Assault Prevention Program for grades three, five, and eight. This lesson, *Spreading Kindness and Respect,* tailored for first graders supports the district's SEL curriculum, specifically centered around building skills in social awareness. This one-day, 40-minute lesson is designed to teach students the importance of understanding diversity, acceptance, inclusion, and empathy. The lesson's key message is this: ***"Just because we have differences we all have ways that we are alike. Our differences make us special – Unique. It is important to respect each other and be kind to one another, even if we have differences."***

The lesson plan is as follows:

1. Lesson Opener- a brief discussion about diversity, explaining that there are differences between two or more things comparing animals, plants, and people. Students will engage in two activities following this discussion:
    a. A Puppet Activity – How are these animals similar and how are they different?
    b. A Peer Activity – Discuss ways you are different from your partner.
2. A Read Aloud: It's OK to be Different by Todd Parr – https://youtu.be/mt7grN0mbDI
3. During the second half of the lesson, students will engage in group discussions about being included and the emotions we feel. The following themes will be discussed:
    a. Accepting others who are different from you
    b. What is inclusion and how does being included make us feel
    c. The importance of empathy (Understanding why another person is feeling the way that they do).
4. Lesson Closure: The program concludes by summarizing the key terms and the importance of acceptance, respect, and kindness.

We are excited to welcome the mental health experts from Prevention Resources into our first-grade classrooms to deliver this SEL lesson. For further information about Prevention Resources and the district's SEL program, please see the resources below. Thank you for your support as we work together to live the district's mission, which is to empower members of our community to lead purposeful lives with integrity, to cultivate a spirit of discovery, and to embrace connections in our diverse, global society. If you have any further questions please contact Mrs. Furka, TBS School Counselor, at 908-534-5704 or Keri Morabito, WHS School Counselor, 908-534-4741.

Hunterdon Prevention Resources- https://njprevent.com/
Readington Township Public Schools SEL Program- https://www.readington.k12.nj.us/domain/499