

Theme of the Month

All About **KINDNESS**

AssalamuAlaikum Parents,

This month, Bright Horizon Academy will be learning about KINDNESS. Each month we focus on a different character trait by exploring what it means, why it's important and ways to practice it. Ways to be kind have been divided into weekly topics to be covered in class.

February

Week 1: Words

Week 2: Actions

Week 3: Thoughts

Week 4: Class Projects

Learning happens best when it is done both at school and at home. Below are some ways that you can help your child continue to learn about kindness.

Practice It!

Spend time writing encouraging notes to people in your community. This could be neighbors, teachers, custodians, nursing home residents, firefighters, anyone! Have your child go with you to deliver your notes of kindness.

Praise It!

Children are more likely to make kindness a habit if they are praised for being kind people rather than just for doing something kind. Praising their character encourages children to see kindness as an essential part of who they are and is effective in forming their moral identities.

Talk About It!

Here are some discussions points to help you talk about kindness with your child:

- Tell me about a time when someone was kind to you. How did it make you feel?
- What do you think kindness means and why is it important?
- Who is someone in your class you can be kind to?
- What are ways you can be kind to people at home, at school and in the community?