

KINDNESS IS CARING



FILLING OUR **CLASSROOM** WITH **CARING**

According to the Random Acts of Kindness Foundation, **CARING** means feeling and showing concern for others. This month, we are going to focus on having more caring in our class. We will discuss the importance of caring for ourselves as well as for others *and* for the spaces around us, like our classroom. We'll also explore caring using compassion, gratitude, helpfulness, and empathy. This will be a great opportunity for you and your student(s) to discover new ways to care for yourselves and for each other.

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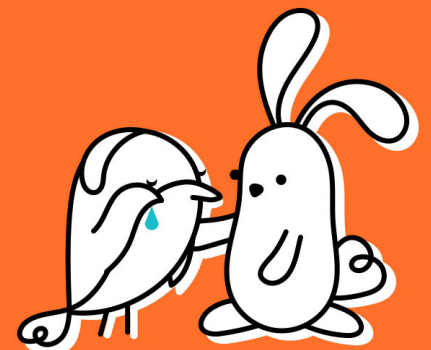
WHAT IS CARING?

SHOWING CARING

SEND HOME CONCEPT CALENDAR

CARING

Feeling and showing concern for others.



RANDOM ACTS OF KINDNESS
FOUNDATION
www.randomactsofkindness.org

Showing Caring

This month we are talking about **caring** and what that means for us at school

The first thing to discuss is the definition of **caring**. What does it mean to care for someone or something?

Next, talk about how you show **caring** in your classroom; remember that before you can care for others, you need to care for *yourself*. What are some things you each do to care for yourself? Try to list at least five things! If you can't do that, then consider what you might add to that list this month!

Here are some ideas:

- Laugh about something every day.
- Move your body.
- Compliment yourself!
- Compliment others!
- Say "Hi!"
- Say "Thank you!"
- Sing a song
- Play
- Give 100% effort

What else
can you
add?



Curriculum Quick Guide

Cycle 1: Ages 3-4; Cycle 2: Ages 4-5;
Cycle 3: Ages 5-6

Each week there is a story centered on the kindness concept and corresponding activities that span the curriculum: math & science, citizenship & social studies, music & movement. Each week you can choose whichever activities you feel your class would enjoy the most. There is also an optional project at the end of each week. Each concept has 4 weeks worth of stories and activities to enjoy. Additionally, each week you will meet one of our RAK animals who will help guide you through the materials through fictional stories (as part of our citizenship element). For *Caring*, you will meet

Chole the Caring Cat.



"Without a sense of caring, there can be no sense of community."

~Anthony J. D'Angelo

Caring

Here are some things you can do this month to practice caring.

What else can you and your student(s) do?

What Random Acts of **Caring** will you do today?

SUN	MON	TUE	WED	THU	FRI	SAT
	Read something just for fun - or read something that makes you laugh.			Ask someone how they are doing and truly listen to the answer.		
Schedule time this week to do something that you enjoy, just because.		Make your bed and keep your room clean this week; take care of your things.			Offer to help a sibling do a difficult or unpleasant task or job.	
	Spend time in quiet stillness; try to focus on your breath.		Move your body - either on your own or as a family. Even a walk around the block is good!			Volunteer with an organization that cares for people, animals, or nature in your area.
		Spend time cleaning up around your house or your neighborhood.		Give a family member your undivided attention - play a game, have a conversation, or do a job together.		
Send a family member or friend a letter or email, checking in on them.						

