



Responsibility

Hello Parents and Guardians,
 Welcome to Unit 5 of our Kindness in the Classroom curriculum. For the next 6 weeks we will be learning all about RESPONSIBILITY. We will dedicate 30 minutes once a week for our main lesson, with a few 15 minute mini lessons sprinkled throughout our week to help your child go deeper with the concept. We will end the unit with a project that we will all work on together. Since this topic is already known by many of our students this year, we will be diving deeper as we explore the following topics:

GOALS FOR THIS UNIT

- ✓ Build skills of self-discipline
- ✓ Explain the connection between rights and responsibility
- ✓ Use responsible words and actions in social settings
- ✓ Evaluate responsibilities in online spaces and with technology devices

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
Responsibility and Self-Discipline	<ul style="list-style-type: none"> ● How can we make good, responsible decisions, even when it's hard? ● What does it mean to have self-discipline? ● How do we not blame others for when we do not own up to our responsibilities? 	<p>If your child has a hard time accepting responsibility and staying accountable, brainstorm with your child about how to keep them on track. Does a progress chart help? Written or oral reminders? Setting a timer? Offering a reward? Eventually, making responsible choices should be internally motivating, but your child might need to developing habits around this using external motivators.</p>
Setting Good Boundaries	<ul style="list-style-type: none"> ● As kids get older, they will only get more responsibilities which can lead to increased stress. ● How can we help students organize their responsibilities, and set boundaries so they know how much to take on and how much to let go? 	<p>Ask your student what boundaries they have for how much they are able to take on and for the relationships they can and want to have. Are they over-scheduled? Do they have too many commitments or people competing for their attention? Do they know how to say "no thank-you" to something that they cannot manage, and do you allow them to say "no thank-you" when they are burning out?</p>
Food Waste and other Social Responsibilities	<p>Students get an opportunity to evaluate how seemingly small choices (like taking an extra helping at lunch but not eating it) can have a big impact on others.</p> <ul style="list-style-type: none"> ● How can we evaluate all our choices - particularly regarding food and food waste - through the lens of responsibility? 	<p>Think about how your family prepares, consumes, re-uses, and wastes food. What changes can you make so that you are maximizing your consumption and creating good food habits for your child?</p>

TRY THIS AT HOME!

Let your child menu plan this week with (or for!) you. Encourage him or her to plan meals that can be prepared in advance or where leftovers can be meaningful parts of another meal. For example - if you are having tacos with rice on Monday, maybe you can have a stir-fry on Tuesday using the leftover rice. Let your child get creative and really think about how to be responsible with your family's food planning and consumption.

We will continue our Kindness in the Classroom curriculum throughout the year. Please join us on this journey using this handout and the at home activity as a way to connect with your child regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.

Sincerely,