

April 20, 2020

HCS Social Emotional Newsletter- Kindness

PRACTICING KINDNESS DURING DIFFICULT TIMES

Hi Highland Students & Families,

This week, we are focusing on kindness - showing kindness to ourselves, our friends and family, and to the earth because Earth Day is this Wednesday, April 22nd!

While being at home and staying safe, we may be spending much more time than we're used to with our siblings, parents, spouses, and other family/friends. We may feel frustrated with others at times, especially if we're sad about not being at school and seeing family, trying to get work done, or just tired of being at home. This newsletter is full of different kindness activities, project ideas and challenges for your family to try!

Hope you enjoy!
Ms. Alexis, School Social Worker



Are you having difficulty meeting basic needs at this time?

Please reach out to me directly at akramschuster@hcsme.org or at 414-376-0655 for local resources and assistance.



KINDNESS CHALLENGE!!

I challenge you to show kindness to your siblings/family this week! Pick 2 things from the list below to do for your brother/sister this week to show them you care.

1. Give him a loving hug
2. Draw her a special picture
3. Handwrite her a kind note
4. Make him a snack
5. Read a story to her
6. Pick-up his toys
7. Share a favorite toy
8. Do one of her chores
9. Make his bed
10. Clear his dishes
11. Help her fix her hair
12. Help him with his homework
13. Teach her something new
14. Take her exploring in the backyard
15. Vacuum or sweep his room
16. Work a puzzle together
17. Color together
18. Bring her a cup of water
19. Tell him three reasons he's special
20. Let him go first at something
21. Write her a poem.
22. Create something for her
23. Play her favorite toys with her
24. Give him 15 minutes of your time.

Movies & Videos about Kindness

One of the benefits of being at home is that we can curl up on the couch to watch a movie. Here are some movie and YouTube video suggestions, each with topics that relate to friendship and the effects of spreading kindness:

Movies

The BFG (2016)
The Fox and the Hound (1981)
The Iron Giant (1999)
Up (2009)

Videos

[20 Things We Should Say More Often](#) (Kid President)

[The Science of Kindness](#) (Random Acts of Kindness)

Book Recommendations: Practicing Kindness

Here are some books about showing kindness and the effects it can have on others:

[Enemy Pie](#) by Derek Munson

-Why does the boy make an enemy pie?
-After reading, draw a pie and write down the ingredients it takes to make a friendship pie

[Nerdy Birdy](#) by Aaron Reynolds

-Why does Nerdy Birdy feel left out?
-How does Nerdy Birdy feel when he meets the other birds that look like him?
-What does Nerdy Birdy learn about friendship?

[Strictly No Elephants](#) by Lisa Mantchev

-After reading, think about how you can be a good friend to someone. Write about it or draw a picture!



Being Kind to Our Earth



This Wednesday, April 22nd is Earth Day! Spending time outside is a great way to pass the time and do some learning while school is closed. Going for nature walks, doing some chalk art...etc. Here are some projects you can do to show some kindness toward our beautiful Earth:

- 1) Make a list of ways you can love our Earth (recycling, using less water)
- 2) Draw a picture of you being kind to Earth!
- 3) Do this Happy Earth, Sad Earth activity [Click here.](#)

Featured Family Activity: Kindness Rocks



To make kindness rocks, you will need:

- Larger, smooth rocks
- Paints & markers
- Sealant (spray or Mod-Podge)

Start by find some larger, smooth rocks in your backyard, neighborhood, or park. Wash the rocks before painting. Paint the rock a base color. Add a fun message, Finally, leave your rocks in a public place for others to find and enjoy!