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Politeness

Kindness is defined as the consideration for others and the adherence to conventional social standards of good behavior

December

Dear Parents and Guardians,

Wouldn't it be wonderful to live in a type world where everyone said sweet words, doors were always held open, there

was no bullying, and peace reigned supreme? Sure, that's a dream world, but it's one you can at least aim for in your school, home, and neighborhood. By showing respect and empathy, you can have a huge impact, turning those words into acts of kindness. Julie Kaufman of the Random Acts of Kindness Foundation in Denver says, "When you do something for others, it makes you feel good. It benefits both the giver and the receiver." Those great feelings can snowball into having those around you wanting to do kind things.

Politeness is an internal quality we all can strive to achieve. The best way to teach and share politeness is to be an example. It's important to show people we care. While big and extravagant gifts are one way, it's the small things we do every day that are the most important. You don't need to be creative, have a big budget, or heaps of bright ideas to show someone you care for them.

Ways to explain politeness to your children:

- Think of the things people have done for you that have meant a lot; share those memories with your children and explain how they made you feel. Often, what stands out aren't the extravagant things, but the simple things. Perhaps someone gave you a hug when you had a bad day, or a total stranger may have smiled at you when you were down and it brightened your day.
- Include your children when you do something nice for a friend, neighbor, or family member. Whether you run an errand, bake cookies, or send a card, let your kids know it feels good to help others.
- Share how volunteering your time is important to you, whether it be in your community, work, or school. Even young children can help gather canned goods, used clothing and toys, or make cards for a nursing home. As they work, ask how they think the recipients will feel when they receive it.

SUPER BIRTHDAY PARTIES!
Your child's the **STAR.**
You're the **HERO!**

This month our weekly lessons will cover:

Week One: Kindness

You can be kind with our words, but being kind with our actions is even better. How can you show your kindness?

Week Two: Friendship/Volunteering

How can you show your kindness to your friends? How can you volunteer your time? (Help the teacher, Clean up a park, etc.)

Week Three: Grateful

Are you ever grateful for a person? (Family, friends) We need to show them we appreciate them.

Week Four: Appreciate

If we don't take good care of our things do we appreciate them? How would someone who didn't have a coat feel if they saw us throw ours on the ground?



Schedule your Karate birthday Today!
(405) 372-5425

