



CATCH YOUR CHILD BEING KIND

The GRF Parent Support Team invites you to Catch Your Child Being Kind during the **GRF Kindness Week from February 13 - 17.**

WHEN YOU SEE YOUR CHILD BEING KIND...

- Fill out a "Caught You Being Kind" Card (attached) sharing what they did to show kindness.
- Have your child bring it to school and put it in the "Leave a Heart" Envelope near the Wall of Kindness.
- Your child will be entered into a drawing for a small surprise at the end of the week.
- Your child will be entered into a drawing for a Family Fun Pack at the Archery Tournament on March 10th/11th too!

4 WAYS TO TEACH YOUR CHILD TO BE KIND...



MODEL KINDNESS

Kids do what they see and say what they hear. If we speak words of kindness, they will too. If we



MAKE KINDNESS VISUAL

Give your kids a visual reminder of kindness--Put up a quote about kindness or write "Be kind to each other" as one of your family's rules.



TALK ABOUT KINDNESS

Talk to your kids about being kind and thank your kids when they choose kind words or actions. "Thank you for being kind." "How did you show kindness today?"



REWIND FOR KINDNESS

If your child doesn't do or say something kind the first time around, give them a chance to rewind and try again.