

THE KI REPORT

A newsletter on Kindness and Inclusion for Root Elementary students and families.

Character Word of the Month: Responsibility

Being accountable for something we can control or manage.

The "How" of Being Responsible

Responsibility is a learned skill. Before one can be responsible, they must learn self-awareness, self-control and be attuned to the needs and expectations of others. Helping your child to label their own emotions and the emotions of others is a great starting point for fostering these initial skills.

Lessons from Lavender

Students this month will be learning about and discussing different emotions as well as practicing how to show respect and listen effectively. You can help at home by talking with your child about emotions and feelings. When you see them make a face or a gesture that shows a feeling, take a minute and talk about it. For example, your child is angry because you've asked them to go to bed and they want to stay up longer. You can say **"Your body and face show me you are angry, let's talk about how you are feeling."** Talking about it gives your child the opportunity to express their thoughts and help gain the understanding of what it looks and feels like to be angry. Talking about your feelings is also a great way to begin healing.

"No act of kindness, no matter how small, is wasted." -Aesop

You can follow what I'm teaching on Root's website under the counseling tab. If you need assistance of any kind please contact me at 479-445-1021 or at jennifer.lavender@fayar.net



What is Social-Emotional Learning?

Did you know that we are born with the 6 emotions of sadness, joy, disgust, anger, surprise, and fear hardwired in our brains? While our brains have the capacity to feel these basic emotions, some of us need help identifying and expressing them in a way that others understand. We also have to learn how to be sympathetic, empathetic, patient, and grateful as well as how to forgive, cooperate, show compassion, and be humble. One way FPS is helping our children learn these skills is by implementing social and emotional learning (SEL). Knowing how to manage emotions is a skill for success in both school and throughout life.

According to Casel, the world's leading organization for promoting SEL, social and emotional learning is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. To learn more see casel.org.