

# THE KI REPORT

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

## Character Word of the Month: Responsibility

Being accountable for something we can control or manage.

## Lessons from Lavender

Students this month will be learning about and discussing different feelings and how they affect our bodies. We will talk about how our body can tell us what we're feeling by the way we feel (e.g., headache, sick stomach, hot, sweaty, etc.). When you feel sad, you may have an upset stomach, or you may cry. If you are angry you might have tense muscles, clenched fists, etc. 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, or if they are complaining about a sick stomach, take a minute and talk about it. You can say "Your body and face are saying that you might feel anxious, let's talk about how you are feeling." Talking about it gives your child the opportunity to express their thoughts and help gain an understanding of what it looks and feels like to be anxious. Talking about your feelings is also a great way to begin healing.

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

Book suggestions: [You, Me, and Empathy](#); [Grumpy Pants](#); [Grumpy Bird](#); [Feelings](#); and [Crabby Pants](#).

If you need assistance of any kind, please contact me at 479-445-1021 or by email [jennifer.lavender@fayar.net](mailto:jennifer.lavender@fayar.net).

## What is the

Jesse Lewis  
Choose Love  
Movement™ ?



*You may have seen a banner with the words "Choose Love Movement" hanging in the hallway at Root Elementary. In fact, if you were to visit any school throughout the district, you would see the banner on display. That's because the Choose Love curriculum is being implemented in each of our schools by the Fayetteville Public School District. The program places emphasis on evidence-based, social and emotional learning (SEL). It facilitates SEL through four important character values such as courage, gratitude, forgiveness, and compassion and was founded by Fayetteville's very own, Scarlett Lewis.*

**"Social and Emotional Learning is key to success in school and throughout life."**

*Did you know that we are born with the 6 emotions of sadness, joy, disgust, anger, surprise, and fear hardwired in our brains? While we have the capacity to feel these basic emotions, many of us (especially in our youth) need help identifying and expressing these emotions in a way that is understood by others. Other skills that do not come hardwired in our brains, but must be learned, are sympathy, empathy, patience, and gratitude as well as forgiveness, cooperation, compassion, and humility. Decades of research has proven that when our children are strong in these areas and are able to express and manage their emotions in healthy ways, they are more successful in school and throughout life. What better opportunity to promote the learning of these important skills than during the many hours spent with their peers at school.*

*To learn more about the Choose Love curriculum and ways you can use it at home, please visit: <https://www.jesselewischooselove.org/choose-love-home/>.*