



FAMILY MEMBERS READ THIS:
Your child is learning about how to identify bullying situations at school and what positive actions can be used to turn the situation around. Use this opportunity to talk to your child about the importance of kind and positive actions and attitudes at home.

It's Cool to Be Kind!

KINDNESS IS COOL!

REMEMBER THESE QUESTIONS TO ASK YOURSELF ABOUT YOUR ACTIONS AND ATTITUDES:

- o What things can I SAY to be positive and kind?
- o What things can I DO to be positive and kind?
- o What kind of attitude do I need to stay positive and kind?

LET'S DO THIS!

Tell me about some things you do and say to show positive actions to others. Then I'll tell you some ways I show positive actions to others. Are there any other ways we can show kindness to our family members and the people we meet every day? Let's work together to think of how we can be kind as a family and to our neighbours.

How do we show kindness to others?

List or draw pictures to show something you do that demonstrates kindness to your family members.



List or draw pictures to show something you do that demonstrates kindness to other people you meet.


