

Keep It Going...At Home

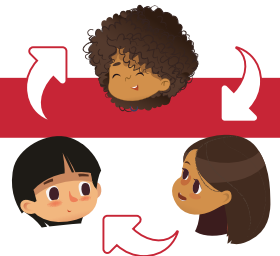
Keep Them Healthy & Active

We read several books about characters walking and biking around their communities. Make it a point to get out into your community, or a nearby one, and talk about what you see, hear, smell, and feel.



Develop Their Emotional Well-Being

We focused on raising children's awareness around acts of kindness and how kindness connects people. Involve children in interactions you have in community places by modeling kindness. You can introduce a Kindness Tree at home. Give it a trunk and bare branches. When your child (and other family members) are "caught" being kind, add a leaf or sticker to the tree. As kindness grows, the tree flourishes.



Help Them Communicate

Encourage your child to greet and exchange pleasantries with neighbors and community helpers. If there is a crossing guard stationed on a street that you cross on the way to school, help your child make introductions. Greet the crossing guard by name every day.



Explore Their World

We read a book called *The Wheels on the Tuk Tuk* that takes place in India. Use a map or a globe to point out other places where members of your family live. How are those communities the same as yours? How are they different?

