



# Bethel Guidance Newsletter

During the first quarter, first grade students have been learning about *responsibility, friendship, and kindness*. We want all Bethel first graders to show kindness to their peers and create lasting friendships!

## **How to support learning at home:** **Activities**

- *Create a Kindness Calendar* - Everyday give your child a kindness act, and have them color in the calendar block when they complete it!
- *Give back through volunteering* - Help your student participate in picking up litter, donating toys/clothes, welcoming new neighbors, making cards for senior citizens, and other volunteer opportunities!
- *Create a responsibility punch card* - When your student completes a responsibility at home, give them a hole punch in their card. When they reach their goal, they get a reward!

## **Book Recommendations**

"Have You Filled a Bucket Today?" by Carol McCloud

"Be Kind" by Pat Zietlow Miller