



Bethel Guidance Newsletter

During the first quarter, 4th grade students have been learning about empathy, friendships, and decision making. We also discussed the power of technology after collecting data on student's electronic use.

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

- *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!
- *Schedule technology free time* - Time away from technology can be refreshing for everyone. Schedule in time to spend technology free as a family. You can spend this time playing board games, doing puzzles/art, cooking, reading, etc.
- *Create a Kindness Calendar* - Everyday give your child a kindness act, and have them color in the calendar block when they complete it!

Book Recommendations

"Each Kindness" by Jacqueline Woodson

"Stand in My Shoes: Kids Learning About Empathy"
by Bob Sornson