



Bethel Guidance Newsletter

During the first quarter, Kindergarten students have been learning important values we encourage all Bethel Bengals to demonstrate:

- Kindness
- Integrity
- Respect
- Leadership
- Courage

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!
- *Say daily affirmations together* - I am doing my best, I can make a difference, I am special, I am safe, today is going to be a great day

Book Recommendations

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

"Listening with My Heart" by Gabi Garcia