

WAYS TO STAY CONNECTED WITH YOUR CHILDREN. (Inspired by M Conley) “Stay connected simply by asking and answering the same three questions at family dinner every night.” Yours too!

Dear Families,

We will be strengthening our classroom community by asking these 3 questions at the end of each day.

HOW WERE YOU BRAVE TODAY?

Courage is generally made of many small acts rather than one grand gesture. Children need them to know they own their legacy of bravery — it is theirs to wield on the playground and in the world. Establishing their lionhearted bonafide’s early — when they still feel they are protected by their mom and dad — matters. Right now, we’re the floor they stand on but someday soon, in school, work and their personal life, they are going to need to stand on a foundation of their own making. When life is scary or a risk needs taking, you want them to be able look back on years of audacious actions that prove they can handle right that very moment. How were you brave today? This question teaches them to recognize their valor so that by the time they really need it, courage is an old and familiar friend.

HOW WERE YOU KIND TODAY?

Kids can be cruel. So can adults. It’s kind of one of the things that makes us human. Of course, it isn’t enough to just be human, we must also be humane. School, is certainly an effective way to introduce children to the differences that can both divide and sustain us. We want children to be aware of what is happening in their surroundings and then use peaceful problem solving strategies to find ways to make their environment better. Too often society teaches that kindness is giving in or becoming weaker for others. Kindness is leading with understanding and becoming stronger for others. One day, that might mean speaking

up in defense of a friend when everyone else is being quiet. Another day, it may mean sitting eating lunch with the girl who always sits alone. How were you kind today? Kindness is a strength and we need to flex it like a muscle every single day.

WHAT WAS A MISTAKE YOU MADE TODAY?

If we want children to seek success with any consistency, we need to make sure they are not afraid of mistakes or failures. Too often mistakes, failures, missteps and misjudgment lead to an outcome of secrets and shame. We don't want children hiding bad test grades or broken friendships or anything else that bruises them. (Or anything else they bruise, for that matter.) Life is full of defeat — self-inflicted and otherwise — but that doesn't mean we are defeated! It just means that we are trying and there is something beautiful in that, isn't there? So please cheer for any mistakes or failures every night. We want children to recognize that they can mess up and still be loved and supported. So please support understanding of lessons or learnings from mistakes or failures and remembering.... "A mistake is only a mistake if you do not learn from it."

Thank you for your support,

Miss Alison Johnson