



What Is My Child Learning?

Your child is learning how to show care and concern by saying or doing something kind or helpful. This is called *showing compassion*.

Why Is This Important?

Being able to show compassion helps children get along with others.

Ask your child: What does *showing compassion* mean? Possible answers: It means saying something kind or doing something to help. It shows you care about how someone feels.

When is a time you can show compassion for someone else? Possible answers: When someone is feeling sad, lonely, tired, or frustrated.

How do you feel when someone says something kind or helps you out? Possible answers: happy, special.

Practice at Home

Help your child notice when someone he or she knows could use some help or a kind word. For example:

- **I see that your sister can't find her toy. What could you do to help?**
- **It sure looks like Uncle Milo could use some help cleaning the sidewalk. Is that something you could do?**

Activity

Together with your child, write down ways that your child could or does help at home. For example: Help carry in groceries.

Ways to Help at Home

1. _____
2. _____
3. _____
4. _____
5. _____

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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