

Family Communication

November 13

World Kindness Day



Dear Eagles (Insert School Name or Mascot Here) Family,

Good morning Eagles (insert school name or mascot here)! Today is World Kindness Day, a day observed all over the world. Kindness is the catalyst for solving our biggest challenges, whether that is being kind to others or ourselves. We believe a kinder world and a kinder _____ (Insert Name of School) is possible.

So, our challenge to you and your children is to learn about the power of kindness, make a declaration to show kindness, and choose an act of kindness to engage in today. Kindness bridges the divides of race, religion, politics, gender, and location. When we demonstrate kindness, we strengthen our brain's empathy skills. How can you demonstrate empathy and kindness today? You and your children will have the opportunity to learn more _____ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the www.KnowYourNeuro.org website
- Other _____

Showing kindness strengthens frontal lobe executive functioning skills such as empathy. Today, ask your family members who they could engage in random acts of kindness for. Get more information about increasing executive functioning skills like empathy at www.KnowYourNeuro.org.

For questions or more information, please contact me.

School Official's Signature and Contact Information