

Family Communication

February 17

Random Acts of Kindness Day



Good morning Eagles Family (insert school name or mascot here)! Today is Random Acts of Kindness Day. Being kind lights up the frontal lobe and lengthens our neuronal networks for empathy skills. So, today and every day we strive not only to be kind but to spread kindness.

We are challenging students to engage in random acts of kindness today! Carry on this week's theme by participating at home. Be a model of empathy and demonstrate this skill with your family. 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 KnowYourNeuro.org website
- ☐ Other _____

We encourage you to teach and model empathy today with your children. Random Acts of Kindness Day offers an opportunity to teach children your family code. Get the steps to creating a Family Code in the [KnowYourNeuro.org](https://www.knowyourneuro.org) website's Families Page. Watch the videos about Empathy with your kids and use the handout to generate discussion.

For questions or more information, please contact me.

School Official's Signature and Contact Information