

# Kindergarten

\*Look for the blue writing for at home tips!

## Week 8: Personal Space Camp

-Kindergarteners learned about the importance of personal space through the book titled, Personal Space Camp, by Julia Cook. The follow ideas were addressed:

- Personal space is the amount of physical space around a person that makes them feel comfortable.
- Some students need more space between themselves and others in order to feel comfortable while others do not need as much space.
- Usually our personal space bubble is bigger when we're around strangers or people we don't know very well because we need more space and are not comfortable getting close to people we don't know.
- At school, our personal space bubble should be about the size of a hula hoop.
- If a student feels someone is invading their personal space, they should tell them nicely, "Please give me more space" or if possible, move themselves over.

## Week 9-10: Beginning Second Step Curriculum

-Kindergarteners will beginning a curriculum called Second Step. Each kindergartener should have brought a letter home further describing this curriculum but the three main components are:

1. Unit 1: Empathy Training
2. Unit 2: Emotion Management
3. Unit 3: Problem Solving

-These lessons will take us through most of the year and information will be sent home as students practice new skills.

-See website for more information on Second Step curriculum:

<http://www.cfchildren.org/second-step/social-emotional-learning.aspx>

## Week 11: Feelings

-Students will be talking about a variety of feelings and identifying photos of children and what the children's faces do to indicate the feeling they have (for example, when angry, usually eyes squint and face tenses up and/or gets red). It is important for students to be able to recognize one another's emotions in order to learn empathy. Empathy is described as "putting yourself in someone else's shoes" or imagining what another person is feeling based on what they look like and based on the situation that person is in.

**\*AT HOME:** It can be helpful to have your child identify the feelings that characters have such as while reading a book or watching a show. Have your child explain why they guess the feeling they guess. Have your child guess what you are feeling: "I'm seeing a lot of toys all over the floor after I asked nicely for you to pick them up, what do you think I'm feeling right now?"

Have your face appropriately match the emotion. Vice versa, point out what you believe your child is feeling: "You look very angry right now. Are you disappointed that your friend can't come over because she is sick?" Lastly, have a daily check in where your child shares, "I am feeling.... Because...." If the emotion is negative such as angry or sad, have the child brainstorm what they can do with that emotion to feel better.

