



Helping Your Kindergartener Thrive

This Week's Lesson: A Chair for My Mother

What You'll Need

- A phone with internet (if you do not have this, skip to 'Alternative Instructions')

What to Do

- Read or watch "A Chair for My Mother" (<https://www.youtube.com/watch?v=Fhhqum2j1LE>)
- Point out the ways that the people in the story show kindness to each other--for example, when everyone brings the family furniture after they have a house fire. Talk about how kindness can make people feel better when they are sad.
- Work together to write down a list of kind things you can do for others. Pick one of the items on the list and do it.
- After, have your child reflect on the experience: what did it feel like to do something kind for someone else?

Alternative Instructions

(if you don't have a phone to watch the story, or a copy of the book on-hand)

- Talk about kindness: what it is, and how it can help make people feel better when they are sad.
- Ask your child to think of a time someone did something kind for them.
- Next, work together with your child to write a list of kind things that you can do for others.
- Pick one of the items on the list and do it.
- After, have your child reflect on the experience: what did it feel like to do something kind for someone else?

Keep It Going

- Continue to think of ways that you can do kind things for those around you: family, friends, neighbors, and strangers.