

## **The Kindness Curriculum...**

Introducing young children to loving values

From the book by Judith Anne Rice

<u>August and September</u>	<b>Respect and manners:</b> polite and impolite behaviors. The Golden Rule
<u>October</u>	<b>Empathy:</b> Knowing how other people feel, caring about them helps us make and keep friends.
<u>November</u>	<b>Gentleness:</b> Nothing is so strong as gentleness nothing so gentle as real strength
<u>December</u>	<b>Kindness:</b> Kindness is the golden chain by which society is bound together.
<u>January</u>	<b>Self Control:</b> The greatest battle to be won is with ourselves.
<u>February</u>	<b>Love:</b> If you wish to be loved, love.
<u>March</u>	<b>Conflict Resolution:</b> Offer experiences that develop problem solving skills.
<u>April</u>	<b>Visualization:</b> The happiness of your life depends on the quality of your thoughts. (Learning to relax and enjoy.)
<u>May</u>	<b>Friendship:</b> Friendships divide our troubles and multiply our joys.

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