



# Kindness KICKOFF

Family Connection

PurposeFULL  
People

## Welcome!

Dear Family,

We are excited to tell you that we will be using **PurposeFull People** this year, a program that teaches skills to help students be successful in school and in life.

We believe that students should have safe, predictable places to learn where they feel included. Students should have healthy and helpful connections with teachers and classmates. They should also experience learning that will help them tackle challenges inside and outside of school. PurposeFull People is more than a set of lessons - it is a partnership between schools and families to create a place where students feel like they belong and learn skills that will help them be the best they can be!

The path forward is full of growth! We cannot wait to partner with you in this work...

- To teach students how to build strong friendships
- To work together to solve problems, big and small
- To grow skills for life
- To become PurposeFull People

## Conversation Starters



- What does Kindness mean to you?
- What is something Kind you did for someone else today?

## Kindness Overview

Our world needs more Kindness! That's why Kindness is how we are starting the school year. Our definition of Kindness is acting with understanding, generosity, and care. You'll hear a lot about Kindness this year because it is also 1 of our **3 outcomes**:

- **Be Kind**: Teaching social skills like listening, friendship, solving conflicts, and leadership. These skills are taught alongside **Empathy, Respect, & Cooperation**
- **Be Strong**: Skills that help students focus, stay organized, and set goals. These skills are taught alongside **Responsibility, Courage, & Perseverance**
- **Be Well**: Skills that help students handle their emotions and deal with stress. These skills are taught alongside **Gratitude, Honesty, & Creativity**





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## PurposeFull Pursuits

Each month, we'll send PurposeFull Pursuits to provide fun challenges you can pursue together! These are simple ways to intentionally reinforce the skills we are working on at school, while providing fun strategies to grow together as a family. We invite you to make some memories and join in the fun!



### Pursuit #1

Review Kindness as a family! Remember that Kindness is acting with understanding, generosity, and care. Schedule a family movie night so that you can specifically watch for different ways people show Kindness. Let everybody know that you'd like them to point out examples of how the characters show Kindness as you watch the movie. Be sure to pause periodically to discuss the examples of Kindness you see. You could also talk about missed opportunities for Kindness and what you might have done differently!

### Pursuit #2

Find a time to sit in a circle together and celebrate a Kind beginning of the school year! If you want, gather some favorite snacks and play some celebratory music for the occasion. Take turns sharing responses to the following prompts or make up your own! Remember to practice Kindness as you listen to each other.



#### Celebration Prompts:

- What is 1 way a family member has shown you Kindness this week?
- What is 1 way you want to grow in Kindness toward others this school year?

