

# Newsletter

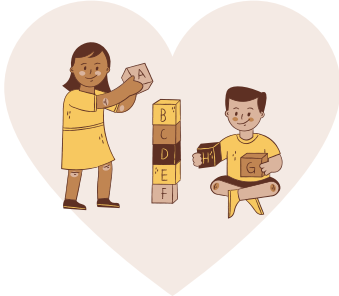
## February 2022



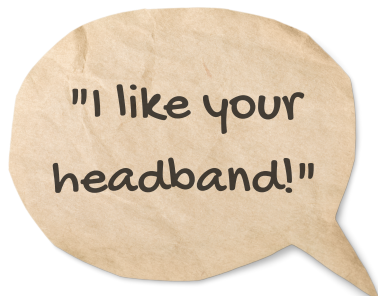
Welcome to our February newsletter! In the spirit of Valentines day, we're talking all about friendship, and sharing ideas on how to help your child understand and navigate friendships.

### Acts of Kindness

Encourage your child to perform at least one of these acts of kindness per day! Promoting acts of kindness helps children understand the importance of kindness and how it helps form friendships.



Play a game with someone who is on their own



Pay someone a compliment.



Help a friend tidy-up.



Write a kind letter for a friend



Help someone who is upset.



Help someone who is stuck on their work.



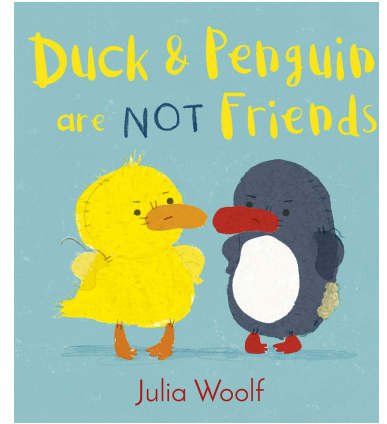
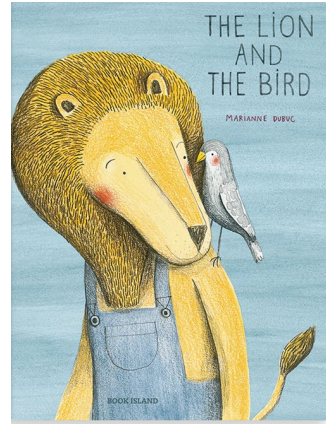
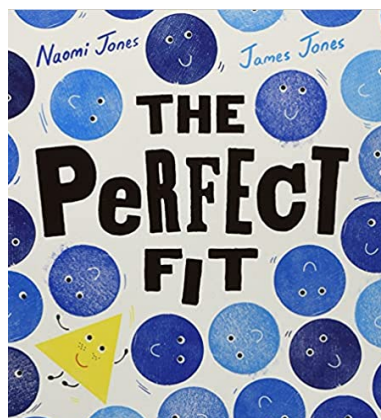
Draw someone a picture.



Tell someone a joke to make them laugh

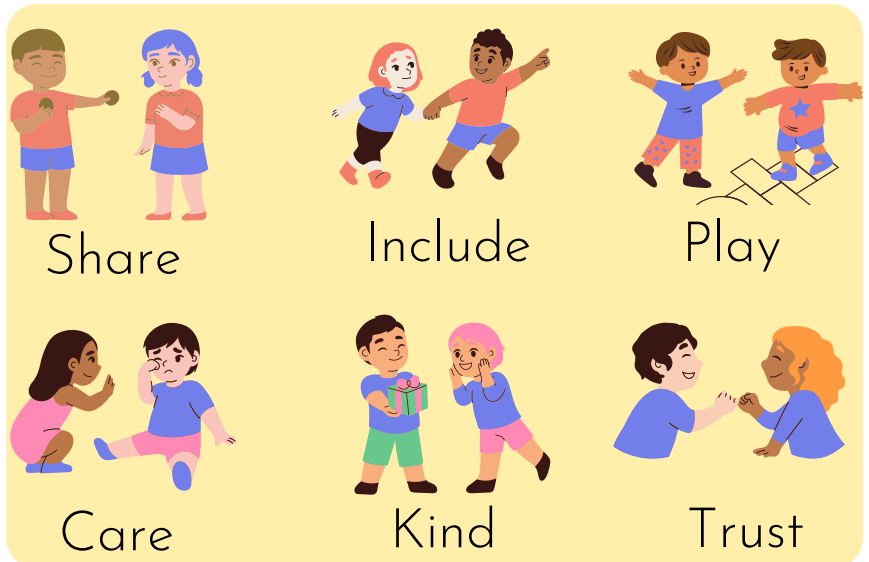
# Books about friends

Here are some helpful books you can read with your child, to help begin conversations about friendships. As you read the books, discuss what makes a good friend.



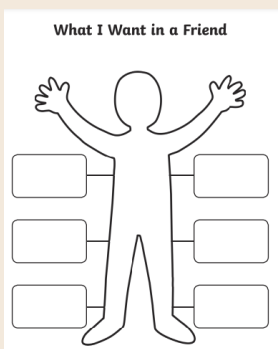
## Friendship Vocabulary

Spend some time sitting with your child and talk about these key friendship words in detail. Discussing this vocabulary will help with the friendship activities written below.



## Friendship Activities

Draw what an ideal friend would look like.



Ask your child to label the qualities of a good friend.

Can you think of 10 kind things to say to someone?

- 1 "I really like your drawing!"
- 2 "You're great at running"
- 3 "You always make me laugh"
- 4 "I really enjoy being your friend"

Act it out.

Act out social scenarios with toys or puppets to help children understand and practice social situations.

