

## Building Kindness and Confidence This Fall

October is a wonderful time for new routines, crisp autumn walks, and chances to grow together as a family. It's also a month to focus on kindness, resilience, and confidence in learning, skills that help children thrive both in and out of school.

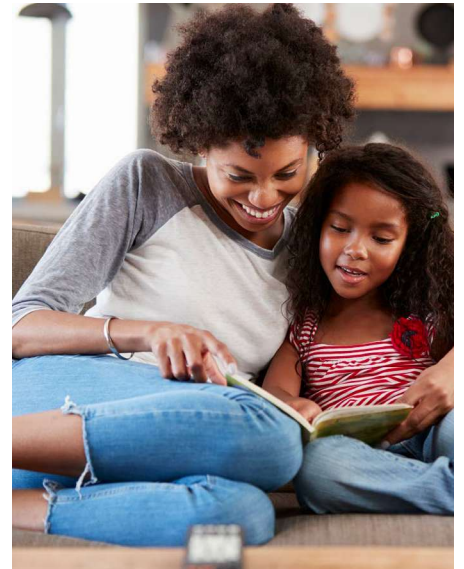


### Literacy Corner

Reading together builds both joy and critical thinking. This month, choose a fall-themed book and pause to ask:

- Who are the main characters?
- What challenges are they facing?
- How would you have solved the problem?

These conversations deepen comprehension and empathy. Looking for a great family read? Try *How About Pumpkin Soup* by Helen Cooper—see if it's available at your local library.



### Family Activity: Nature Walk Journal

Take a family walk and bring a notebook. Ask your child to draw or write about what they notice—the colors of the leaves, the sounds of crunching steps, or the smell of fall air. Later, connect this to science (seasons and plant life cycles) or writing (descriptive words and storytelling).

## Life Skill of the Month: Self-Management

Self-management helps children handle big feelings, stay motivated, and set goals.

Try the 5-4-3-2-1 strategy with your child:

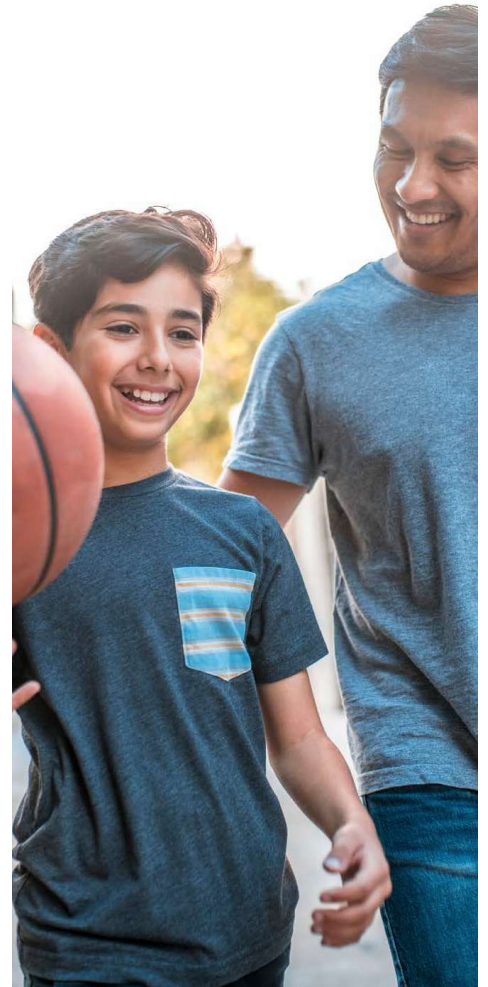
- 5 things you can see
- 4 things you can hear
- 3 things you can feel
- 2 things you can smell
- 1 thing you can taste

This calming tool works well before homework, bedtime, or whenever emotions feel “too big.”

## Talking About Kindness and Friendship

It is always important to check in with your child about friendships and peer interactions.

- Ask open-ended questions like “What was the best part of your day?” or “Did you notice anyone who might have needed a friend today?”
- Share an age-appropriate story about a time you saw or experienced a friend who needed help and how you handled it.
- If your child witnesses bullying, talk about safe ways they can respond—like asking an adult for help or offering support to the child being left out.



Celebrate effort, not just results. Praise your child for trying new things, staying calm when something feels hard, or showing kindness to others. This builds resilience and a love of learning.

## Math in Everyday Moments

Math doesn't have to stop when the homework ends. Try these quick fall connections:

- Count apples at the orchard.
- Sort apples into groups based on different characteristics like color and size.
- Bake together and measure ingredients, noticing fractions and how they work.
- Play the card game **More** to practice key Math concepts. Distribute a deck of cards equally to all players. Younger children can play one card each and compare the values. Older students can play **Double More** or **Multi-More**, where each player shows two cards and must add or multiply them. In all versions, the player with the greatest value gets all the cards!