

Hello Kindergarten Families!

Our class will soon begin our Sources of Strength curriculum lessons. Unit 1 of the curriculum focuses on creating connections and relationships between and among students in our classroom, as well as with the adults who support the students. We will also establish norms and routines to help create a healthy learning environment. Each of these objectives will be met through class discussions, games, activities, and invitations for all students to share their voices and experiences for others to learn from.

Below is a list of the concepts students will explore in Unit 1:

- Learning and practicing class norms designed to provide structure and routine for the lesson time.
- Identifying how each of the eight Strengths on the Sources of Strength Wheel show up in their lives:
 - Family Support
 - Positive Friends
 - Mentors (Trusted Adults)
 - Healthy Activities
 - Generosity
 - Spirituality
 - Physical Health
 - Mental Health
- Understanding ways we are connected to others through similarities, as well as our differences that make us each unique.

The Sources of Strength Curriculum also includes a core component of Celebration Lessons which are designed to invite students to celebrate themselves, others, and healthy relationships. These lessons help create a strong and healthy community of belonging for all through the following celebration types:

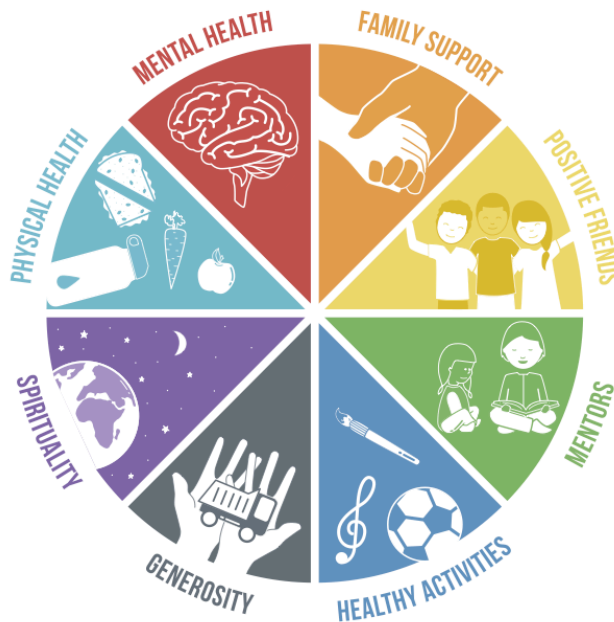
- **Aha's:** noticing, naming, and celebrating one's personal growth
- **Affirmations:** noticing, naming, and celebrating the personal growth of others
- **Apologies:** offering authentic and helpful apologies that name how our words and/or actions have hurt another person in an attempt to repair the relationship

In Unit 1, students will learn about each of the three celebration types. Units 2 and 3 will provide students the opportunity to choose to celebrate themselves or others, or offer a repair of a harmed relationship.

Hello Kindergarten Families!

Our class will soon begin **Unit 1 of the Sources of Strength curriculum**, which focuses on building positive connections among students and with the adults who support them. We will establish routines that create a healthy learning environment while students participate in discussions, games, and activities that encourage them to share their voices and learn from one another.

During this first unit, we will explore the eight Strengths on the Sources of Strength Wheel (Family Support, Positive Friends, Mentors (Trusted Adults), Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health), and reflect on how these strengths show up in our lives. Students will also learn about the ways people are connected through both similarities and differences. A key part of the curriculum includes **Celebration Lessons**, which help students build a strong sense of belonging by celebrating themselves, others, and healthy relationships. In Unit 1, students will learn three celebration types: **Aha's** (recognizing personal growth), **Affirmations** (celebrating others' growth), and **Apologies** (repairing relationships when harm occurs).



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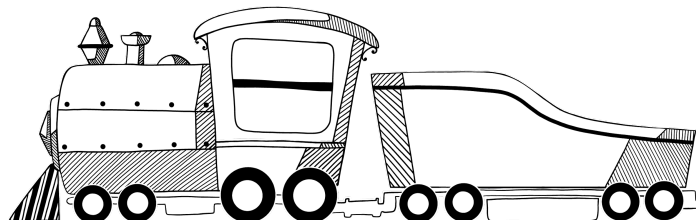
As our class continues to learn about health and wellness through the Sources of Strength Curriculum, we will soon be moving into Unit 2. While the first unit taught us about building connections and a sense of community and belonging within the classroom, Unit 2 will focus on us as individuals. More specifically, your student will be learning about basic brain and body science concepts, as well as healthy ways to regulate their emotions.

The basic brain and body science concepts will be taught using a tree metaphor in which each of the three main parts of a tree (roots, trunk, branches and leaves) represents a core portion of the brain (brainstem, limbic system, and frontal lobe). The main focus in kindergarten will be the roots of the **BrainTree** (the brainstem). Students will understand that this part of the brain gives us important information about what our body needs, such as food, water, rest/sleep, and even a restroom break.

Students will then learn about the **Regulation Railroad**: a train-themed tool designed to help them remember the steps to regulate their emotions:

- **Stop 1:** What do I notice in my body?
 - Identifying the physical sensations they notice (tight muscles, sweaty hands, butterflies in their stomach, etc.)
- **Stop 2:** What emotion do I feel?
 - Naming the emotion they are feeling, based on the sensations they notice.
- **Stop 3:** How big is the emotion?
 - One a scale of 1-5, how big is the emotion?
- **Stop 4:** What will I do to regulate myself?
 - What strategy will help bring the emotion back down to size (breath work, a stuffed animal, a pet, talking to a trusted adult, co-regulating with another person, etc.)?

Celebration Lessons will continue in Unit 2, providing students the time and space to continue celebrating the ways they see themselves and others growing in their personal and interpersonal skills, as well as celebrating their attempts to repair harmed relationships with the help of a Helpful Apology.



Dear Kindergarten Families,

We are nearing the final unit of our Sources of Strength Curriculum. Unit 3 focuses on helping students understand the ways they can play an active role in helping create healthy communities. More specifically, students will explore how they can seek help for themselves when needed, offer help to others in need, and connect others to help from a trusted adult.

Students will learn about and explore the following concepts in Unit 3:

- Recognizing clues that tell us someone else is hurting (crying, sad face, a bodily injury, etc.).
- Offering to help peers in a time of need by getting them a bandage or ice pack, offering to share, getting help from an adult, etc.
- Learning how to work through conflict in healthy ways (key skill: active listening).
- Learning a simple phrase to practice including others (“Come join us!”).

As in the previous two units, students will continue to have opportunities to offer Aha’s, Affirmations, and Apologies to themselves and others to celebrate examples of growth and relationship repair.

Thank you for your partnership this year as our class learned about our personal Sources of Strength and how to create a healthy classroom community.

