

# CITIZENSHIP

Parent Resource

GRADES  
**K-2**

## What is citizenship?

Citizenship means helping my neighbor, community and nation.

As your child gets older, he or she will have opportunities to make choices that impact the school, community and nation.

In kindergarten through second grade, children begin:

- ✓ Understanding the importance of working together.
- ✓ Paying more attention to friendships and teamwork.
- ✓ Recognizing characteristics of a good leader.

Below are ways you can help your child learn, practice and demonstrate citizenship:

### DESCRIBE A TIME

Ask your child to describe a time when he or she helped others or did something to benefit the school or community. Some examples include being friendly to a new student, offering to help prepare dinner or donating books and toys.

### IDENTIFY WAYS TO DEMONSTRATE GOOD CITIZENSHIP

Encourage your child to identify ways you can demonstrate good citizenship together. Some examples include following laws and rules, volunteering in the community and respecting others.

HELPING YOUR CHILD  
UNDERSTAND THE  
IMPORTANCE OF CITIZENSHIP  
WILL PREPARE HIM  
OR HER TO CONTRIBUTE TO  
AND TAKE PRIDE IN OUR  
COMMUNITY AND NATION.

**SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:**



Identifying characteristics of a good citizen in school and the community.

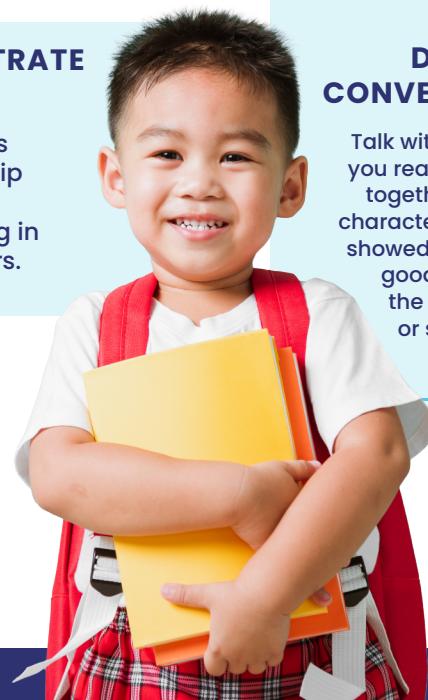


Modeling ways to benefit the school and the community.



### DINNER TABLE CONVERSATION STARTER

Talk with your child about a book you read or a movie you watched together recently. Was there a character in the book or movie that showed characteristics of being a good citizen? What actions did the character take? How did he or she help others in the book or movie?



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# CRITICAL THINKING & PROBLEM SOLVING

Parent Resource

GRADES  
**K-2**

## What is critical thinking and problem solving?

Critical thinking and problem solving means gathering information to think through and determine the best solution.

As your child gets older, he or she will need to continue developing critical thinking and problem solving skills to be successful in school and life. He or she can use these skills to make responsible choices, accomplish goals and maintain positive relationships through effective communication, collaboration and conflict resolution.

### In kindergarten through second grade, children begin:

- ✓ Recognizing desires, needs and wants.
- ✓ Seeking help when unable to resolve problems.
- ✓ Identifying the importance of sharing thoughts and ideas.

Below are ways you can help your child learn, practice and demonstrate critical thinking and problem solving skills:

#### INTRODUCE THE TERMS



Introduce the terms critical thinking and problem solving to your child's vocabulary. It is important for your child to understand what the meanings are and how to apply these concepts to his or her life.

**SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:**



Identifying strategies and ways to work together to solve problems.



Modeling how disagreements can be settled using conflict resolution skills such as compromise, negotiation, agreeing to disagree and analyzing pros and cons.

#### CHOOSE A BOOK ON RESILIENCY



Choose a book from the Resiliency Reading List ([BuildResiliency.org](http://BuildResiliency.org)), read the book together and discuss how the characters resolve challenges within the book. What strategies can your child use in his or her life?

WORKING WITH YOUR CHILD TO UNDERSTAND THE IMPORTANCE OF CRITICAL THINKING AND PROBLEM SOLVING WILL HELP HIM OR HER TO BECOME CONFIDENT, INDEPENDENT AND SUCCESSFUL.



#### DINNER TABLE CONVERSATION STARTER

Each family member takes a turn sharing a challenge that he or she encountered today. What were the strategies to solve the problem and what was the outcome?

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# EMPATHY

Parent Resource

GRADES  
**K-2**

## What is empathy?

Empathy means understanding others' thoughts, feelings and actions.

In kindergarten through second grade, children begin:

- ✓ Understanding more about their place in the world.
- ✓ Identifying ways to show kindness and care for others.
- ✓ Wanting to support others in need.

Below are ways you can help your child learn, practice and demonstrate empathy:

### INTRODUCE THE WORD

Introduce the word empathy to your child. Empathy includes understanding the perspective of others and wanting to help those who are in need. Share an example of when you were empathetic at home, at work or in the community.



### ASK FOR AN EXAMPLE

Ask your child to share an example of when someone let him or her do a fun activity first or shared something with him or her. Explain that putting someone before yourself is a way to demonstrate empathy.



BY PRACTICING EMPATHY,  
YOUR CHILD WILL IMPROVE  
COMMUNICATION SKILLS AND  
LEARN TO REFLECT, OBSERVE  
AND THINK ABOUT HIS OR HER  
OWN BEHAVIORS.

SKILLS TO CONSIDER  
PRACTICING WITH  
YOUR CHILD:



Actively listening to one another.



Learning about the experiences of others and practicing ways to show respect.



### ACTIVITY FOR YOU AND YOUR CHILD

Read a book or watch a movie that shows a character displaying empathy toward others. Ask your child to identify ways the character demonstrated empathy.

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# GRATITUDE

## Parent Resource

GRADES  
**3–5**

### What is gratitude?

Gratitude means being thankful and sharing appreciation with others.

Teaching your child to be grateful for what he or she has will help your child to focus on the positive aspects of life. Showing gratitude fosters kindness.

#### In grades three through five, children begin:

- ✓ Recognizing and being thankful for meaningful friendships and relationships.
- ✓ Showing respect when working with others.

#### Below are ways you can help your child learn, practice and demonstrate gratitude:

##### SHARE WHY YOU ARE GRATEFUL



Share with your child something for which you are grateful. After you share, ask your child to identify three things he or she is grateful for and why.

##### ENCOURAGE YOUR CHILD



Encourage your child to identify different ways he or she can express gratitude toward someone.

###### EXAMPLE

For example, sharing kind words, giving authentic compliments and offering assistance.

LEARNING TO FOSTER AND EXPRESS GRATITUDE WILL HELP STRENGTHEN RELATIONSHIPS, BUILD CHARACTER AND IMPROVE RESILIENCY.



#### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying three of your favorite things about your family.



Demonstrating gratitude to others through words and actions especially when situations are difficult.



#### ACTIVITY FOR YOU AND YOUR CHILD

Ask your child to think of something about his or her day for which he or she is grateful. Using slips of paper, have your child write each day what they are grateful for and put it into a special gratitude jar that he or she decorates. Over time, your child will find that they have a jar full of many reasons to be thankful.

## What is grit?

Grit means working consistently toward long-term goals.

As your child gets older, he or she will probably face situations where grit is needed to keep working toward reaching goals, despite setbacks.

In kindergarten through second grade, children begin:

- ✓ Identifying and recognizing basic feelings (sad, mad, happy, excited, worried).
- ✓ Identifying personal strengths.

Below are some ways you can help your child learn, practice and build grit:

### START THE CONVERSATION

Talk about a time when you had to use grit to reach a goal and describe your sense of accomplishment. By sharing your perspective, your child will gain an understanding of the importance of grit and what it feels like when you reach your goals.

### CREATE GOALS

Help your child create goals he or she wants to accomplish and a roadmap of how to get there. Discuss potential challenges or setbacks and identify strategies your child could use to work through those challenges or setbacks.

### ENCOURAGE GRIT THROUGH PRACTICE

When your child learns new skills inside and outside the classroom, help him or her develop grit through encouraging practice.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identify strategies to overcome a challenge.



Discuss the values of goal setting.

HELPING YOUR CHILD BUILD GRIT NOW WILL HELP HIM OR HER UNDERSTAND THAT YOU CAN ACCOMPLISH ANYTHING WHEN YOU WORK HARD.



# HONESTY

Parent Resource

GRADES  
**K-2**

## What is honesty?

Honesty means telling the truth.

As your child gets older, it is important to help your child understand that being honest will help him or her become a trustworthy person.

In kindergarten through second grade, children begin or continue:

- Identifying the difference between the truth and a lie.
- Understanding the consequences of being dishonest.

Below are ways you can help your child learn, practice and demonstrate honesty:

### EXPLAIN THE MEANING

Explain the meaning of honesty. For example:

- Discuss with your child the differences between a truth and a lie.
- Discuss with your child ways he or she can demonstrate honesty in words and actions.

### BE AN HONESTY ROLE MODEL

Be a role model for your child by demonstrating trustworthiness. For example, only make promises you can keep and commit to them. If promises are easily made and broken, your child may learn that he or she does not need to keep his or her commitments.

### RECOGNIZE HONESTY TRAITS

Recognize and celebrate instances when your child displays the trait of honesty. For example:

- When your child tells you something he or she is struggling with.
- When your child tells you the truth about something he or she did that could upset you as a parent.

### TOPICS TO CONSIDER DISCUSSING WITH YOUR CHILD:



Explain the importance of being truthful.



Define and give examples of honesty.



### DINNER TABLE CONVERSATION STARTERS

Explain a time when it was difficult for you to tell the truth and why being honest was the best decision.

Discuss with your child trusted adults in his or her life that can be a resource. These trusted adults can assist him or her in demonstrating honesty.

BY ENCOURAGING YOUR CHILD TO BE HONEST, YOU CREATE AN ENVIRONMENT WHERE HONESTY IS PRACTICED, EXPECTED AND APPRECIATED.

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# MENTORSHIP

## Parent Resource

GRADES  
**K-2**

### What is mentorship?

Mentorship means giving or asking for support, guidance, training or expertise.

As your child gets older, he or she will begin to understand how mentors can help him or her achieve his or her goals.

#### In kindergarten through second grade, children begin:

- ✓ Understanding the importance of asking for help.
- ✓ Recognizing characteristics of a helpful person.
- ✓ Practicing decision-making during daily activities.

#### Below are ways you can help your child learn, practice and demonstrate mentorship:

##### ASK YOUR CHILD FOR AN EXAMPLE

Ask your child to describe a time when he or she asked for help, or a trusted adult showed him or her how to complete a task. Some examples include receiving help with homework or being taught how to play a sport or game.

##### ENCOURAGE YOUR CHILD

Encourage your child to identify some ways he or she can demonstrate mentorship. Some examples include helping others and supporting friends.

HELPING YOUR CHILD UNDERSTAND THE IMPORTANCE OF ASKING FOR HELP AND HELPING OTHERS CAN POSITIVELY IMPACT HIM OR HER NOW AND IN THE FUTURE.



#### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:

Identifying the roles and responsibilities of trusted adults.

Identifying when help is needed and who to ask for help.



#### DINNER TABLE CONVERSATION STARTER

Discuss with your child the importance of learning from others. Each family member can share an example of a skill he or she learned from someone else and the benefits of asking for guidance from a trusted individual.

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# PERSEVERANCE

Parent Resource

GRADES  
**K-2**

## What is perseverance?

Perseverance means continuing to try even when things are hard.

As your child gets older, it is important for him or her to continue to develop the perseverance to achieve his or her goals.

In kindergarten through second grade children begin:

- ✓ Identifying ways to overcome a challenge.
- ✓ Developing strategies to discover and demonstrate personal strengths.
- ✓ Learning the value of goal setting.

Below are ways you can help your child learn, practice and demonstrate perseverance:

### INTRODUCE THE WORD

Introduce the word “perseverance” to your child’s vocabulary. It is important for your child to understand what the meaning is and how to apply it. Share an example of how you persevered as a young child.

### ENCOURAGE PERSEVERANCE

Encourage your child to not give up when he or she experiences a challenge. If your child says, “This is too hard. I cannot do it,” encourage your child to instead say, “This is hard, but if I keep trying, I will figure it out.” Help your child understand that it is okay to fail, but not okay to quit.

BY INTRODUCING YOUR CHILD TO PERSEVERANCE, YOU ARE HELPING HIM OR HER DEVELOP THE NECESSARY SKILLS TO ACHIEVE HIS OR HER GOALS.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying personal strengths and areas for improvement.



Working together to solve problems.



### DINNER TABLE CONVERSATION STARTERS

Encourage your child to share a time when he or she had to do something hard, but did not give up. Discuss why he or she kept going and how their actions relate to perseverance.

Discuss ways your child can practice perseverance when encountering challenges. For example:

- Propose different solutions
- Refuse to let failures get you down
- Try, try and try again

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# RESPONSIBILITY

Parent Resource

GRADES  
**K-2**

## What is responsibility?

Responsibility means owning my actions, using good judgment and practicing self-control.

As your child gets older, it is important for him or her to continue to develop responsibility by taking ownership of his or her life. It is also important that your child acknowledges that he or she is accountable for the choices he or she makes.

In kindergarten through second grade, children begin:

- ✓ Demonstrating the ability to follow rules and directions.
- ✓ Understanding how individual actions can affect others.
- ✓ Learning ways to respect other people's personal property and personal space.

Below is a way you can help your child learn, practice and demonstrate responsibility:

### INTRODUCE THE WORD

Introduce the word "responsibility" to your child's vocabulary. It is important for your child to understand what the meaning is and how it applies to him or her. Provide examples of being responsible, acting with good judgment and demonstrating self-control.



BY TEACHING YOUR CHILD TO BE RESPONSIBLE, YOU ARE HELPING HIM OR HER POSITIVELY CONTRIBUTE TO THE FAMILY, SCHOOL AND COMMUNITY.

### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Developing a schedule for household chores and other activities that your child is expected to complete.



Demonstrating the ability to listen to directions, take turns and share with others.



### DINNER TABLE CONVERSATION STARTERS

Discuss with your child his or her current responsibilities at home and at school. For example, doing homework, feeding pets and cleaning his or her room.

Taking responsibility can provide a great sense of accomplishment! Ask your child what other responsibilities he or she would like to help with.

# RESPONSIBLE DECISION-MAKING

Parent Resource

## DID YOU KNOW?

People make about 35,000 decisions **EVERY DAY!**

Responsible decision-making means thinking about all options and outcomes to make the best choice.

### In kindergarten through second grade, children begin:

- ✓ Learning the difference between good and poor choices.
- ✓ Learning to think for his or her self.

#### EXPLAIN WHEN DIFFERENT RULES APPLY

Consider how different rules apply in different settings.

##### EXAMPLE

Inside or quiet voices need to be used in places like libraries and movie theaters, but cheering or yelling can be appropriate outside.

#### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identify healthy choices that affect personal wellness.



Demonstrate the ability to follow rules and directions.

#### TALK ABOUT CONSEQUENCES

Talk to your child about considering consequences before acting.

##### EXAMPLE

If you do not wear a jacket to play outside in the winter, you may feel cold.

##### EXAMPLE

If you eat too many sweets, you may develop tooth decay that will result in cavities.

#### TEACH THE DIFFERENCE

Discuss the difference between positive and negative behaviors.

##### EXAMPLE

Positive behaviors include sharing your toys with a friend.

##### EXAMPLE

Negative behaviors include taking something from someone without asking.

#### DESCRIBE BEING RESPONSIBLE

Describe ways your child can be responsible.

##### EXAMPLE

Children can practice making responsible decisions by picking up toys after they are finished playing.



#### DINNER TABLE CONVERSATION STARTERS

Describe a decision you made today. What were the choices you considered? What were the possible outcomes? What was the outcome? Do you think that was a responsible decision?

In planning ahead for tomorrow, what are some decisions you may need to make? What information do you need to make the best choices?

AS YOUR CHILD GETS OLDER, HE OR SHE WILL HAVE TO MAKE MORE DECISIONS. TEACHING YOUR CHILD HOW TO MAKE RESPONSIBLE DECISIONS WILL HELP HIM OR HER BE PREPARED WHEN SITUATIONS ARISE AS A TEEN OR ADULT.

# SELF-AWARENESS & SELF-MANAGEMENT

## Parent Resource

GRADES  
**K-2**

### What is self-awareness and self-management?

Self-awareness and self-management means understanding and governing our thoughts, actions and impact on others.

As your child gets older, he or she will continue to develop self-awareness and self-management skills by recognizing how one's thoughts and ideas influence choices and impact others.

#### In kindergarten through second grade, children begin:

- ✓ Understanding that healthy choices affect personal wellness.
- ✓ Identifying and recognizing how we think and act is important.
- ✓ Describing how an individual's actions can impact others.

Below are ways you can help your child learn, practice and demonstrate self-awareness and self-management skills:

#### INTRODUCE SELF-AWARENESS

Introduce the term self-awareness. Discuss its meaning and how it can be applied in your child's daily life, such as listening, following directions and completing chores.

##### EXAMPLE

Help your child understand and recognize how his or her actions and decisions can impact others.

#### INTRODUCE SELF-MANAGEMENT

Introduce the term self-management and discuss the meaning and how it can be applied.

##### EXAMPLE

At recess, your child's friend wants to play a game and your child has no interest in playing the game. Discuss with your child how he or she would approach this situation. Talk about how your child's decision may impact his or her friend.

#### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying personal strengths and areas for improvement.



Demonstrating healthy ways to express needs and wants, such as saying please and thank you.



#### DINNER TABLE CONVERSATION STARTER

Talk with your child about some responsibilities he or she has at home, such as keeping his or her room tidy or setting the table for dinner. Help your child understand how this helps the family and how his or her actions have an impact on other members of the family.

BY GAINING SELF-AWARENESS AND LEARNING SELF-MANAGEMENT, YOUR CHILD WILL TAKE AN ACTIVE ROLE IN MONITORING AND ADAPTING HIS OR HER BEHAVIOR.