

Aug

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Jan

Feb

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May

Resources



Quick and Easy Behavior Interventions



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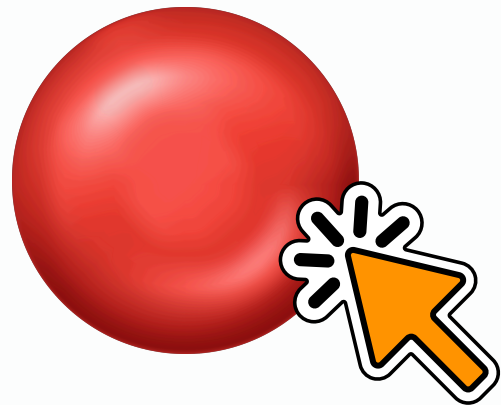
Feb

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Resources



For more information click the button.

Gratitude and Sharing.

During the month of November, let's recognize the positive things in our lives and understand how our actions affect others.

Talking points:

- “Let’s share something good that happened today—big or small.”
- “Who helped you today? How can you thank them?”
- “How do you think your classmate felt when you shared your snack?”
- “When someone does something kind for you, how do you feel? How can you make others feel that way?”
- “Sometimes people show kindness in different ways—what are some ways we can show it at home and school?”

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How:

- Create a “Thankful” Jar.
- Teach and model empathy
- Have an “Act of Kindness” Challenge
- Story Connections

Resources and Tools

- Thankful Jar
- Empathy Activities
- Kindness Bingo
- Being Thankful

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Additional Resources

● Suffolk Public Schools-Parent Help Center

CHKD Parenting Resources

● Western Tidewater Community Services Board

