



Positive Notes

Encourage your child to think about people who they are grateful for and have them write positive notes to friends, teachers, community helpers, family, etc. If possible, deliver notes with your child, send it in the mail, or take a picture and email/text it. Talk about how it feels to give and receive positive notes.

Prompt Children to Consider the Needs/Feelings of Others, Prompt Children to Provide Care for Others

“You are right, your teacher is super nice! I am glad they helped you find the toy you wanted today. Do you think it would make them happy to get a thank you card?”

“Your grandma misses you. Do you think it would be nice to make a card for grandma? How do you think that would make her feel?”