

# Dear Families,

I am writing to you about an opportunity to bridge the gap between your kids' experience in the classroom and at home. We know that uncertainty is the only certainty right now, and I believe that providing students with consistent routines and opportunities to focus on the positive will help keep them engaged and excited about learning.

We are using a program called Everyday Heroes from [Red Nose Day](#). Here's how it works. An Everyday Hero is a person who strives to understand how people feel and shows kindness to others. I am attaching a handout you can print and hang on your refrigerator. There are ideas for how your kids can practice empathy and kindness and a place for them to keep track of progress.

## Ways to Put This Routine into Action at Home

- When you see the children in your care demonstrating Everyday Hero qualities, name them. Provide positive reinforcement and say things like, "I noticed how you patiently waited your turn when playing with your siblings. Being aware of others makes you an Everyday Hero."
- When your kids aren't acting like Everyday Heroes, help them see mistakes and learn from them. Say things like, "I noticed that you wouldn't share your toy with your brother. How do you think this made him feel? How might an Everyday Hero behave when he's frustrated?"
- Our kids know that life isn't normal right now. They know that COVID-19 is making people sick and that many people are struggling. When you talk about first responders and leaders, point out their Everyday Hero actions.
- I'll ask your kids during share time to share what they did at home that was nice, kind, and helpful. Encourage them to share!



Please let me know if you have any questions, and thank you for joining our class to create kindness and empathy routines at school and at home.

Sincerely,

P.S. This is just the beginning of our opportunity to collaborate with Everyday Heroes. [Red Nose Day](#) has resources for the entire school year, and believes that every child, no matter how small, has the power to make a difference for others! More to come!



# Ways I Can Be an Everyday Hero at Home

**Everyday Heroes use their superpowers to be kind, thoughtful, and helpful, and work hard to understand how others feel.** We can be everyday heroes at home and at school. Hang this on your refrigerator. Each week, keep track of the superpowers you used and how often you used them.

## TO BE KIND AND CARING THIS WEEK

- I took turns when I was playing
- I was nice to my brother and sister
- I said sorry when I wasn't nice
- I recognized how someone else was feeling
- I asked the grownups how I could help
- I shared my ideas with others
- I wrote down what I am grateful for
- I was nice to my brother or sister
- I did something nice without being asked
- I said "please" and "thank you"
- When I needed help, I asked for it
- I played with my brother or sister
- When I saw a mess, I helped clean it up
- I noticed when people in my family were kind to each other
- I said thank you when someone was nice to me.
- I made a mistake, but I'll try harder next time.
- Add your ideas to the list!

## FILL IT IN!

Let's see how often we use our superpowers. Every time you do something kind, fill in a bubble.

Monday	<input type="radio"/>						
Tuesday	<input type="radio"/>						
Wednesday	<input type="radio"/>						
Thursday	<input type="radio"/>						
Friday	<input type="radio"/>						

The Everyday Hero Act I am most proud of is...

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Who in your life is an Everyday At-Home Hero this week, and why?

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