



Golden Gate Kids February Newsletter

"Kids learn what's important to adults not by listening to what we say, but by noticing what gets our attention." Adam Grant and Allison Sweet Grant from *"Stop Trying to Raise Successful Kids and Start Raising Kind Ones"*

This month students are going to begin learning about Pledge #5...

I will make someone's day.

Kids are very attuned to the gaps between what adults say and what adults actually do. When parents are asked what they want most for their children, 90% say they want their children to be caring. When children are asked what their parents want for them, 81% say they value achievement over caring. In many societies, parents pay more attention to achievement than to anything else. Even if we praise kindness and caring, we aren't showing that we value those things. Many children see kindness as a chore rather than a choice. Experiments show that when children are given the choice to share instead of being forced to, they're more likely to be generous later. When children are praised for helping, they're more likely to help again! If you teach children to be kind, you're setting them up and others around them for success!

PARENT/GUARDIAN CHALLENGE:

This month, we challenge each of you to start a family challenge of making each other's day. How many times in a week can you make someone's day? Ideas include: leaving a nice note, helping with a chore, saying kind words, or playing a game together.

