

Character Essentials: We Are Friends

During the month of September, our Character Essentials® theme is We Are Friends. Learning how to be a friend is a vital part of a child's social-emotional development. Throughout this month, we will focus on helping children understand what it means to be a friend and how to navigate friendships. The children will explore the values of cooperation, respect, sharing, and attentiveness.

To help extend these lessons from the classroom to home, consider the following activities:

- Scheduling playdates with one other child. By keeping the playdate small, your child will be more relaxed and willing to participate. Keep the playdate short and schedule it at a time when your child has already been fed and is well rested.
- Give your child a task to complete with a friend, sibling, or parent such as sorting laundry, putting groceries away, etc. Encourage them to practice cooperation and teamwork.
- Create a family kindness box. Throughout the week, encourage family members to write down when they see another family member showing respect, caring, or cooperating with others. At the end of the week, sit down as a family and share the notes in the box.

Some books you can read with your little one to teach them more about the importance of friendship include:

- "Join in and Play" by Cheri Meiners
- "Yoga Friends" by Mariam Gates and Rolf Gates
- "Bear's New Friend" by Karma Wilson
- "How Do Dinosaurs Play With Their Friends?" by Jane Yolen
- "I Can Share" by Karen Katz
- "Just My Friend and Me" by Mercer Mayer
- "My Friend Is Sad" by Mo Willems

To learn more, visit www.kiddieacademy.com.