

## February Pillar of the Month: **Caring**

### **How Do We Show We Care?**

- Be kind
- Express thanks
- Forgive others
- Help people in need
- Show concern for others



### **Talk about it !**

- What is something nice someone did for you today? What is something nice that you did?
- Tell me about being a bucket filler.
- How do you feel when people are kind to you and fill your bucket?
- Why is it important for us to forgive others?
- How can you tell if someone needs help? How can you help others?

### **Read About It !**

- *Have You Filled a Bucket Today?* by Carol McCloud
- *The Invisible Boy* by Patrice Barton
- *Stand in My Shoes* by Bob Sornson
- *Heartprints* by P.K. Hallian

### **Practice It !**

Talk with your child about the people who care for them. Next, help your child write a thank you note to someone in their life. Ask them how they think the person will feel when they receive the special note.