Parents For Caring Schools

Purpose

Parents for Caring Schools, a program from Making Caring Common, invites parents and caregivers of elementary school students to partner with MCC and their school to lead one lesson per month focused on kindness and empathy, in order to support a more caring school and classroom community.

- This is a sample scope and sequence to help interested parents, schools and educators understand the lessons that they will receive if they join Parents for Caring Schools.
- If you plan to lead these lessons at your child's elementary school, you should request permission from your School Leader before you sign up. Here is an email that you can use to start the conversations with your School Leader.
- Contact us to learn more if you are interested in joining!

Email caringschools@makingcaringcommon.org with any questions. We are happy to connect with you!



HARVARD GRADUATE SCHOOL OF EDUCATION

MAKING CARING COMMON PROJECT

Parents For Caring Schools

Scope and Sequence

Month	Focus	Objectives
September	**Lesson 1: Kindness Kickoff**	• Students will reflect on why kindness matters and what it looks, sound, and feels like • Students will role play specific ways to spread kindness in their classroom and school
October	**Lesson 2: Take Action to Create a Kinder School**	• Students will explore their own roles in incidences of unkindness. • Students will discuss how to respond to unkind actions when they see it.
November	**Lesson 3: Circle of Care**	• Develop students' empathy for others • Build self-awareness around who is in and out of students' Circle of Care • Expand/widen students' Circle of Care • Encourage students to expand their acts of kindness to a wider circle of people in their community
December	**Lesson 4: Everyday Gratitude**	• Students will learn what gratitude is, reflect on what they are grateful for, and identify ways to express gratitude to others • Students will build habits around gratitude and expand who they show gratitude toward
January	**Lesson 5: Listening Deeply**	• To help listeners develop key listening skills using body language, focus, and expressions of empathy • To help speakers open up, share about themselves, and feel more understood • To build classroom community and peer connection
February	**Lesson 6: Humans of Your School**	• Build empathy by listening to, and reflecting on, personal stories • Develop interviewing skills, including asking thoughtful and caring questions to learn more about peers and deepen relationships • Support stronger peer connections
March	**Lesson 7: Positive Self Talk**	• Students will learn about, and practice, positive self-talk • Students will practice reframing negative thoughts about themselves • Student will share positive affirmations with themselves and others
April	**Lesson 8: Understanding and Navigating Emotions Part 1**	• Students will explore emotions and reflect on how we experience and express different emotions • Students will learn how to recognize emotions by noticing clues from their bodies.
May	**Lesson 9: Understanding and Navigating Emotions Part 2**	• Students will learn to recognize difficult emotions and practice coping strategies to manage them.
June	**Lesson 10: Year-end Review**	• Review and practice learnings from the year