



## Caring- Parent Information

Greetings Parents!

Soul Shoppe is teaching about **Caring** at your child's school this month.

### The main tools we are teaching are:

- "Take down the bricks"- when negative things happen to and/or around people, we tend to put "bricks" up around our hearts, cutting ourselves off from other people. With "bricks" around their hearts, many children stop caring about themselves and the people around them. Soul Shoppe focuses on "taking down the bricks" by teaching students how to reach out, talk to others, and express their feelings in constructive ways.
- "Clean up"- taking students beyond "I'm sorry" to a more sincere and effective apology.

### You can help your child practice Caring by:

- Asking your child what they care about.
- Sharing with your child what YOU care about.
- Asking your child how he/she can show care in your family, in your community.
- Ask your child what it means to "take down the bricks".