

MAR 2016

Week 1

“HAPPINESS IS NOT SO MUCH IN HAVING AS SHARING. WE MAKE A LIVING BY WHAT WE GET, BUT WE MAKE A LIFE BY WHAT WE GIVE.”

- NORMAN MACEWAN -

Week 2

“SHARE YOUR KNOWLEDGE. IT’S A WAY TO ACHIEVE IMMORTALITY.”

- DALAI LAMA -

Week 3

“THE MORE WE SHARE, THE MORE WE HAVE.”

- LEONARD NIMOY -

Week 4

“GREAT SATISFACTION COMES FROM SHARING WITH OTHERS.”

- UNKNOWN -



PARENT/GUARDIAN LETTER



Dear Parents and/or Guardians...

This month we will discuss sharing and how it is one of the most important skills children need to learn. Sharing is an important life lesson to understand and it is a learned skill, not an innate one. We must help our children learn to share in order to help them develop better relationships and develop empathy towards others. In martial arts class, one of the many ways we teach sharing is by taking turns to during drills. When students work in pairs, they begin to share the responsibility of learning.

HOW CAN YOU HELP?

- Lead by example. Show your children it is fun to share and it makes you happy! Share food, toys and time. Model good behavior by encouraging everyone in your family to take turns. You can take turns picking out a movie to watch, or take turns using the kitchen sink to wash your hands.
- Tell stories about sharing and what you learned from it.

- Share you goals with your children and family and encourage them to share their own personal goals.
- Create “sharing time” at home.
- Practice waiting. Give children the opportunity to wait for their turn. Play stop and go games or drills. Children will learn the concept of waiting and self-control during these activities.
- Use a timer to teach children how to take turns and share. Each child gets a certain amount of time to play with a toy or do an activity. When the timer goes off, the children must move on to another toy/activity or wait their turn to have the toy/activity back when the timer goes off again.
- Play games that encourage sharing.
- Give your children opportunities to share. Make your child “snack captain” and give him or her the responsibility of evenly divided pretzels, crackers or cookies between him or herself and others.
- Point out good sharing in others.

Sharing

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