

# Enhancing Social Emotional Learning and Growing Kindness

How to encourage friendly actions in your child to enhance their social and emotional learning and grow kindness?

- decorate a jar with your child
- let them know when you notice their helpful and kind behaviour
- for every kind thing they do, put a note in the jar
- then set aside some time each day to look at and read the notes together.

Let your child glow in the knowledge that you see their good intentions and the kind acts they do. Enjoy that positive, loving connection and see how it grows into more of the same.