

WEEK 2 Introducing Good Deeds



Dear Parent/Guardian,

For Your Heart

In this lesson, we establish the foundation of others-centeredness upon which Manners of the Heart is based. We have found by learning to follow the rules, children develop not only respect for others, but also respect for themselves.

The three simple rules for “Good Deeds” are as follows:

- When we follow rules, it shows that we respect others.
- Learning to follow rules is an important part of learning and growing.
- Helping others learn and grow is a way for everyone to learn and grow.

For the Heart of Your Child

Ask your child to teach you Wilbur’s “Good Deeds” song, including the hand and body motions. Sing it together to help reinforce the lessons learned at school. Don’t be shy—your child will appreciate your effort!

Good Deeds

I’ll keep my hands to myself	(Hands folded in front)
And my feet on the ground.	(Stomp feet three times)
I’ll raise my hand to talk	(Raise right hand)
Without making a sound.	(Cover mouth)
I’ll listen to my teacher	(Place hands behind ears)
So I’ll know what to do.	(Place hands out to the side, palms up)
I’ll do the right thing	(Place fists on hips)
For Wilbur and you!	(Point to Wilbur and then others)

You can help your child develop others-centeredness by connecting your requests to how their actions show respect for those around them:

- If you ask your child to put their shoes away, add the phrase, “SO THAT no one trips over them.”
- If you ask your child to pick up wet towels, add the phrase, “SO THAT the bathroom is ready for the next person.”

Your child will learn to view their actions through the lens of respecting others.

From our hearts to yours,



PS Ask your child what RESPECT means!

RESPECT—Treating others with dignity

