

# Peyton Forest IB Newsletter

## CARING

November 2022



The IB Learner profile aims to develop students who are caring. Students who are **CARING** show empathy, compassion and respect towards the needs and feelings of others. They have a personal commitment to service, and act to make a positive difference to the lives of others and to the environment. They remember to treat others how they themselves would like to be treated.

### SEL Book & IB

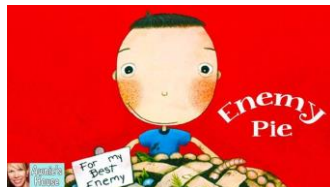


Theme: **Empathy and Caring**  
Approaches To Learning: **Social Skills**  
SEL Competency: **Social Awareness**

How can parents help to develop students who are caring at home?

- **Start by practicing empathy.** Model the caring behavior you would like to see in your child. Your child notices everything you do! Using kind words, helping others and being an active listener will show your child that you care about other people.
- **Help your child consider the feelings of others.** Ask, "What do you think she's upset about?" "How would you feel if that happened to you?"
- **Read books that demonstrate caring and kindness.** Discuss the message of the story and how it can be applied in your everyday lives. Ask, "What are some things we can do to show kindness?" "Is there anyone we know that could use some extra caring right now?"
- **Brainstorm ways your family can get involved in the community.** Send cards to residents of a local nursing home. Donate food, clothing, or toys to those in need. Place inspiring quotes around the neighborhood for others to see.
- **Reduce, Reuse and Recycle.** Sometimes this can be challenging for busy families but try to establish these habits in your home. By developing children who care about the environment, you are helping the future of the globe.
- **Emphasize social skills like saying please, thank you, sharing with siblings and recognizing when others may be having a difficult day.**
- **Smile**

## Books and Websites That Help Develop Caring Attributes



### Enemy Pie Discussion

- Why does the main character dislike Jeremy Ross?
- Can you make a connection to the main character or Jeremy Ross?
- Why do you think the dad doesn't tell his son what's in the pie?
- Why do you think the enemy pie smells so good?
- Why does Jeremy feel confused when the main character asks him to play?
- Why doesn't the main character want Jeremy to eat the pie?
- What do you think will happen to Jeremy when he eats the pie?
- Was there anything nasty about the pie?
- Why do you think the dad called it enemy pie?

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