

# Dear Families,

I am writing to you about an opportunity to bridge the gap between your kids' experience in the classroom and at home. We are using a program called Everyday Heroes from [Red Nose Day in School](#). Here's how it works. An Everyday Hero is a person who strives to understand how people feel and shows kindness to others. I am attaching a handout you can print and hang on your refrigerator. There are ideas for how your kids can practice empathy and kindness and a place for them to keep track of progress.

## Ways to Put This Routine into Action at Home

- When you see the children in your care demonstrating Everyday Hero qualities, name them. Provide positive reinforcement and say things like, "I noticed how you patiently waited your turn when playing with your siblings. Being aware of others makes you an Everyday Hero."
- When your kids aren't acting like Everyday Heroes, help them see mistakes and learn from them. Say things like, "I noticed that you wouldn't share your toy with your brother. How do you think this made him feel? How might an Everyday Hero behave when he's frustrated?"
- I'll ask your kids during share time to share what they did at home that was nice, kind, and helpful. Encourage them to share!



Please let me know if you have any questions, and thank you for joining our class to create kindness and empathy routines at school and at home.

Sincerely,

P.S. This is just the beginning of our opportunity to collaborate with Everyday Heroes. [Red Nose Day in School](#) has resources for the entire school year, and believes that every child, no matter how small, has the power to make a difference for others! More to come!



# Ways I Can Be an Everyday Hero at Home

**Everyday Heroes use their superpowers to be kind, thoughtful, and helpful, and work hard to understand how others feel.** We can be everyday heroes at home and at school. Hang this on your refrigerator. Each week, keep track of the superpowers you used and how often you used them.

## TO BE KIND AND CARING THIS WEEK

- I took turns when I was playing
- I was nice to my brother and sister
- I said sorry when I wasn't nice
- I recognized how someone else was feeling
- I asked the grownups how I could help
- I shared my ideas with others
- I wrote down what I am grateful for
- I was nice to my brother or sister
- I did something nice without being asked
- I said "please" and "thank you"
- When I needed help, I asked for it
- I played with my brother or sister
- When I saw a mess, I helped clean it up
- I noticed when people in my family were kind to each other
- I said thank you when someone was nice to me.
- I made a mistake, but I'll try harder next time.
- Add your ideas to the list!

## FILL IT IN!

Let's see how often we use our superpowers. Every time you do something kind, fill in a bubble.

Monday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wednesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thursday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The Everyday Hero Act I am most proud of is...

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Who in your life is an Everyday At-Home Hero this week, and why?

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# Dates to Make a Difference

Red Nose Day makes it fun to come together to raise money and awareness for children who need our help the most. While Red Nose Day occurs in May, you can start now with this flexible yearlong program! Help students develop empathy while practicing core ELA and math skills, using these downloadable lessons that tie in to key teaching moments throughout the year.

The program shows students that they can join the many regular people—Everyday Heroes—who are working to help end child poverty and keep children safe, healthy, and educated. Students can be Everyday Heroes, too, and turn their learning into action by fundraising for Red Nose Day at the end of the school year!

## Find everything you need at [RedNoseDayinSchool.org](https://RedNoseDayinSchool.org)

### SEPT AND OCT

#### Celebrating Everyday Heroes

Use the poster, nomination form, and award certificate to set up the Everyday Hero of the Week (or Month) routine in your class.

### NOV AND DEC

#### Time to Integrate New Routines!

Using Story Swap and Spotlight on Superpowers, students will use their listening, speaking, and writing skills to continue to develop empathy and understanding for others.



### LATE JAN/EARLY FEB

#### 100th Day of School



Guide students to practice letter-writing skills by asking a local elected official for more action on fighting child poverty locally.

● **Download the Writing for Social Action lesson**

### FEBRUARY

#### Random Acts of Kindness Week

Create a Red Nose poster: Draw Earth and cover it with red stickers—one for each act of kindness or empathy your students write down and submit.

### MARCH

#### National Reading Month



Have students read about the impacts of poverty on children and how kids can help.

● **Download the Building Empathy Through Reading lesson**

### APRIL

#### April Fools' Day

Using literacy, reading, and writing skills, students will explore how comedy and creativity can make a difference.

● **Download the Literacy, Empathy, and Humor lesson**

### MAY

Students can take what they've learned through this program and use the power of their own voices to spread some much-needed joy and raise some life-changing cash to help children living in poverty.

● **Learn how your students can join the FUN-raising at [RedNoseDayinSchool.org](https://RedNoseDayinSchool.org)!**



# Class Routines to Build Empathy

Enhance your class culture with activities that inspire students to be Everyday Heroes, making a difference in their school community and in the lives of children in need.

## Objective

Students will build skills in empathy, speaking, listening, and writing by taking on different perspectives and standing up for other children.

## Time

Flexible; 15 minutes on a weekly basis recommended

## Materials

Visit [RedNoseDayinSchool.org](https://www.rednosedayinSchool.org) to find these materials and more:

- Videos (optional) and reading passages about child poverty
- Nominate an Everyday Hero form and award certificate
- Everyday Heroes classroom poster

## Instructions

1. Define **empathy** as a superpower that allows you to feel someone else's feelings as if they were your own. Ask kids to share times when they felt or witnessed empathy.
2. As a class, brainstorm a list of words, qualities, and actions that describe an Everyday Hero (e.g., kind, helpful, stands up for others, etc.). Capture these words on a poster to refer to and update throughout the year.
3. Explain that the class is going to work together on a year-long project of becoming more empathetic and kind, building up to Red Nose Day in May, when people come together across America to raise money to end child poverty.
4. Explain that child poverty involves problems and solutions. This year, we'll use our empathy skills as well as our reading, writing, speaking, and listening skills to help.
5. For inspiration, **share the videos and/or reading passages** at [RedNoseDayinSchool.org](https://www.rednosedayinSchool.org) to learn how poverty impacts children around the world.
6. Point out that treating others kindly, and recognizing kindness, helps that behavior to spread. Introduce one of the classroom routines below. After it is fully integrated, add another routine until all are used regularly.



## Everyday Hero of the Week

Explain that there are many regular people—Everyday Heroes—who are working to help end child poverty and keep children safe, healthy, and educated. Explain that students can be Everyday Heroes too.

**Step 1** Every Monday (or monthly), announce a student who showed the empathy and kindness of an Everyday Hero. Students can submit nominations using the nomination form.

**Step 2** Award a certificate, then feature their name (or a photo!) on the celebratory classroom poster (go online to get a version you can type into). **If teaching remotely**, you can show the poster through video, email a photo/screenshot, or include a list when sending home a print packet.

## Story Swap (Perspective Taking)

In pairs (in person or over the phone), have students practice active listening as they interview each other about their families, favorite memories, or meaningful moments. Then have students trade places to tell their partner's story from their perspective. Students can engage in this activity weekly or monthly with rotating partners.

## Spotlight on Superpowers

Time for students to get their capes on! Give students 3–5 minutes to free write in response to one or more prompts that highlight interpersonal skills, such as:

1. The Everyday Hero superpowers that I already have are...
2. I want to get better at being an Everyday Hero by doing...
3. Using my Everyday Hero superpowers helps my class and school community by...

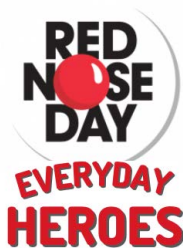
# Nominate an Everyday Hero!

I nominate \_\_\_\_\_  
(first and last name)

This person deserves to be the Classroom Everyday Hero because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The Everyday Hero qualities this person displays include \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Nominated by (optional): \_\_\_\_\_



Presented to

\_\_\_\_\_  
for showing empathy and kindness to other children

Teacher's signature \_\_\_\_\_ Date \_\_\_\_\_

# Celebrating Empathy and Kindness

## Our Classroom Everyday Heroes

Can be used in the classroom or virtually. Handwrite or type names above!

Together we can help children in our class, our community, and around the world.

**Everyday Heroes**  
Nominate classmates  
throughout the year!

**Understanding Others**  
Listen and learn from  
your peers

**100th Day of School**  
Write a letter, make a  
change!

**Reading Month**  
Build your empathy skills  
through reading

**April Fool's Day**  
Use humor to make  
a difference

Build  
empathy  
in your  
classroom!

Sept/Oct

Nov/Dec

Jan/Feb

March

April/May

**RED  
NOSE  
DAY**