



What Is My Child Learning?

Unit Themes

Your child is learning ways to solve interpersonal problems. Kindergartners learn that a problem is something that happens between people that causes someone to feel upset. They practice describing common problems, like when two children want to play with the same toy or two friends disagree about whose turn it is to use the jump rope. They also learn that feeling calm first can help them think about how to solve a problem. Later in the unit, they practice apologizing and offering to share and take turns in order to solve problems.

Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- **Display greater empathy**
- **Experience greater well-being**
- **Contribute to a better school environment**



Practice at Home

What to Look For

Notice and praise your child when they try to help solve problems. For example, when they apologize or offer to share or take turns. You can say, **I noticed you really wanted to play with Joelle’s truck. Great job asking her to take turns with you!**

Try This!

Practice: If problems or disagreements arise—for example, between siblings or friends—remind your child to apologize as a way of showing they’re sorry and that they care. Encourage them to use phrases like, “I’m sorry,” “Are you okay?” and “How can I help?” as appropriate.

Discuss: When reading books or watching a show, help your child recognize problems between characters and talk about ways to solve them. Ask, **What is the problem?** and **What could they do to help solve the problem?**