

Dear Parent or Guardian,

Recently, your child participated in a Kindness Retreat conducted by Youth Frontiers. Youth Frontiers, Inc. is a nonprofit organization that partners with schools to create more positive school communities. Through programs that help young people realize the importance of living a life of character, Youth Frontiers is transforming the day-to-day experience in schools across America so that our schools—and therefore our kids—can thrive.

To continue the positive effects of the experience, we believe it's important for the entire community to be involved in supporting and communicating the messages delivered on the retreat. Therefore, we've provided an overview of the retreat and some discussion questions for you to use in conversation with your children to find out more about the retreat and its impact.

Kindness Retreat

Elementary school students experience the positive effect of the kindness boomerang during a high-energy day with classmates. Students learn that, like the golden rule, if they want to catch kindness, they have to throw the kindness boomerang out there! The Youth Frontiers Kindness Retreat helps build a more caring school community by engaging students in activities that demonstrate the painful effects of bullying and emphasize the value of kindness. The retreat also teaches students how to be a hero by treating others with kindness and challenges them to reduce bullying in their school. The experience ends with each student filling out a Boomerang Card, and identifying specific ways they're going to be kinder to their teachers or classmates.

Questions to ask your child about the Kindness Retreat:

- What activities did you find fun?
- What were the small group leaders like?
- What were some of the unkind actions going on at school that you discussed?
- Have you ever been affected by the unkind actions?
- Did you talk about how you as a class can work on that?
- What are you going to do to help your school be a better place?
- What was the most important thing you learned?

Youth Frontiers, Inc. would like to thank you for your continued support for programs such as ours within your child's school. Please visit us online at www.youthfrontiers.org or give us a call at 952.922.0222 if you have any questions, comments, or suggestions.

Sincerely,

Youth Frontiers, Inc.