Dear Parents/Guardian:

Today in your child’s classroom, I read the picture book *Don’t Laugh At Me* by Steve Seskin and Allen Shamblin. This book is designed to promote understanding and acceptance of individual differences. After reading the book, we discussed our common need to be valued, respected and accepted despite differences such as wearing glasses, being a different size, or using a wheelchair.

We discussed what it feels like to be targeted by others because we don’t fit in. The goal was to help the students understand the hurtful effects of ridicule, name-calling, bullying, and intolerance. We also talked about ways to create a positive school environment.

In addition, we discussed *UPstander* techniques they learned in previous ABC lessons. These techniques are listed below, along with the name of the book that introduced the concept:

* Give each other *warm fuzzies* and *fill your buckets. (Have you Filled a Bucket, Today)*
* *You have the power to choose how to react. Don’t take the bait! (Simon’s Hook)*
* Be an *UPstander.* *(Say Something)*
* *Say or Do something* to support others*. (Say Something)*
* Use an *I message* to express your feelings*. (Recess Queen)*
* *It just takes one to make a difference! (One)*

**We hope you will talk with your child tonight about *Don’t Laugh At Me.* To reinforce the message at home:**

* Brainstorm ideas to do *intentional acts of caring* for family, friends and neighbors. Choose one or two to do together.
* Role-play ways to de-escalate conversations using a calm tone of voice, positive words, and comforting body language.
  + Practice ways to *stand tall* using positive body language. (*Stand Tall Molly Lou Melon)*
  + Act out ways to be an *UPstander* in a group situation.

By teaching our children the importance of accepting others and sharing *intentional acts of caring,* we create a stronger school community where all students feel safe and know that they belong. We have also included the text from the book that was read to your child’s classroom for your reference as a separate document from this letter.

**PS. On the back of this letter is the *Intentional Acts of Caring* worksheet for you and your child to do together.**