

# Dear Parent or Caregiver,

In our class, we have been talking about *Fairness and Justice*. We have learned that *fairness* means respecting the *rights* of others. *Justice* is the result of being fair and doing the right thing. We have also learned that it is easier to be fair if we have *Self-Control*. That means we are in charge of our own feelings and we choose to act responsibly. When we are angry or embarrassed, we may feel like acting in unfair ways, but we can be in charge of our actions and do the right thing, even if others don't.

We had an activity in class to show how hard it can be to control your actions. One person tried to sit very still and not move while another person softly tickled him/her with a feather. Let's try this activity at home. Then please tell me some ways you have learned to control your actions when you are angry or embarrassed or upset. I'll tell you the ways we talked about in class. Please also tell me about a time when you were treated fairly, or a time when you treated someone else fairly, even though it was hard. I need to write at least three sentences on the back of this paper about what you tell me.

After we do this activity and I write the sentences, please sign the form below. I need to take it back to school on or before \_\_\_\_\_.

Thank you for helping me.

\_\_\_\_\_

## Self-Control Feather Activity

One person sits very still while another person softly touches him/her with a feather on the face, arms, neck, or other exposed skin. The person with the feather may not touch the person's eyes and must touch very softly. Breathing and blinking don't count as moving. The person being tickled must not move for two or three minutes. You decide how long.

An alternate activity you may do if you don't have a feather is to try to get the other person to laugh by making funny faces or telling jokes.



\_\_\_\_\_  
Student Name

We have done the feather activity together and have talked about ways to control our actions when we are angry or upset. I told my child about a time when I was treated fairly or when I treated someone else fairly, even though it was hard.

\_\_\_\_\_  
Parent Signature

