

The Golden Rule - Pre-K to 2nd Family Resource



What is BrainAbouts?

BrainAbouts is a prevention and early intervention ecosystem that empowers young people to make positive choices, supports parents, and helps school staff overcome implementation obstacles with brain-based programming.

Learning about The Golden Rule- Students learned that...

1. The Golden Rule says that we should treat other people as we would like them to treat us.
2. The frontal lobe part of your brain is the thinking part of your brain that helps you make good decisions. When you're in any situation where you must decide on how to treat others, you can use the frontal lobe part of your brain to think, "How would I want someone to treat me if I was in that situation?"



Family Connection

1. Discuss a time when adults in the family used the golden rule when deciding how to treat someone.
2. Brainstorm different scenarios at home and as a family practice asking, "How would I want someone to treat me if I was in that situation"- check to see if you all have similar responses and celebrate both the differences and similarities.
3. Sing the "The Golden Rule Song" together, and let your child teach you the tune!

The Golden Rule Song

