

# St. Edmund's Nursery School

## CHARACTER TRAIT OF THE MONTH



MARCH 2026

### HELPFULNESS

The month of March is when we focus on the character trait of helpfulness. It is important to teach and remind our children that being helpful is a big part of someone's character, and it shows kindness, empathy, and responsibility. When we teach children to look for ways to help others early in life, we help them build relationships that are healthy, positive, and rooted in care for one another. Being helpful means noticing when someone needs support and choosing to step in, even in small ways. We should all do our best to be someone others can count on, and we need to teach our children to do the same.

Give specific jobs - one clear action:

“Put the spoon in the sink”  
“Can you throw this in the trash?”

Narrate what they did -  
Instead of “Good job,” try:

You carried your plate to the sink. That helped me!”

Point out when someone  
needs help

“Daddy’s hands are full—what  
could help him?”

### RECOMMENDED READING

