

# COUNSELING CORNER

## JANUARY: KINDNESS



### LIBRARY LESSON:

During the first week of the month, 3-5th graders will read the book, "Be Kind" by Pat Zietlow Miller. We will discuss how kindness is a "chain reaction", and each student will write down an idea of how they can be kind to add to a paper chain. K-2nd graders will read the book "Have You Filled A Bucket Today?" by Carol McCloud. We will discuss what it means to be a bucket filler versus a bucket dipper. Students will play a fun bucket filling game to help make this concept more concrete.

### KINDNESS AT HOME

Below are some ideas for encouraging kindness at home::

- Write nice notes.** Help your children learn to notice and thank those around them who demonstrate kindness.
- Highlight people's emotions.** Young children often have a difficult time recognizing how others are feeling. Help your child guess how others are feeling based on facial expressions, and talk about how showing kindness can lead to others feeling happy.
- Reassess how you tease.** Children learn how to be playful by the tone their family sets. If your teasing results in hurt feelings, consider making a change.

### CLASSROOM LESSON:

During the third week of the month, 1-5th grade students will receive a lesson about friendship. 3-5th graders will talk about friendship fence lines, or lines we shouldn't cross if we want to keep our friendships healthy. 1-2nd graders will read the book "Can I Play Too?" By Mo Willems. We'll discuss the importance of including others.

### KINDNESS PROGRAM:

We would like to thank the PTA for putting together the kindness program for our school! This month, teachers and other staff members will be on the lookout for students demonstrating kindness. Teachers will give students a "kindness coin" if they are spotted being kind, and students can trade this coin for a prize during their lunch on Friday. We hope this will encourage our students to practice kindness this month and to feel appreciated as they do so.



### RECESS ACTIVITY:

Our recess activity this month will be held on Wednesday, January 19th. Students will have the chance to make a kindness card (i.e., write a nice note) to anyone they choose.