



COUNSELOR CORNER

Kindness Month

This November, we are focusing on kindness and how to be kind to yourself and others.



This Month's Agenda:

Nov 4: Be Kind to yourself

A lesson on self-compassion and mindfulness

Nov 11: Be Kind to others

A lesson on the impact your actions and words have on others

Nov 18: Gratitude

A lesson on how giving thanks and having a positive mindset can help you feel good.

***Teachers are doing other activities as well!**

Home Resources

Books:



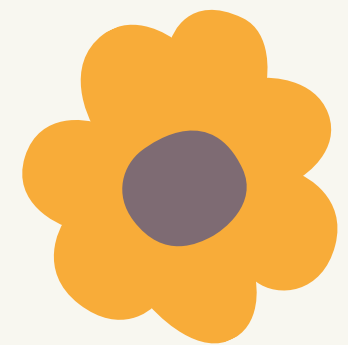
Be Kind- Pat Zietlow Miller

Have You Filled Your Bucket Today?- Carol McCloud

The Invisible Boy- Trudy Ludwig

Activity:

[Gratitude Pumpkin \(click here\)](#)



Talk about, celebrate, and write down what you are thankful for on a Gratitude Pumpkin.

Gratitude is proven to boost your mood and spread kindness around to your family, friends & community

In the Giving Spirit?

Here is a list of places to donate to this giving season:

- Toys for Tots
- Second Harvest
- Adopt a Family

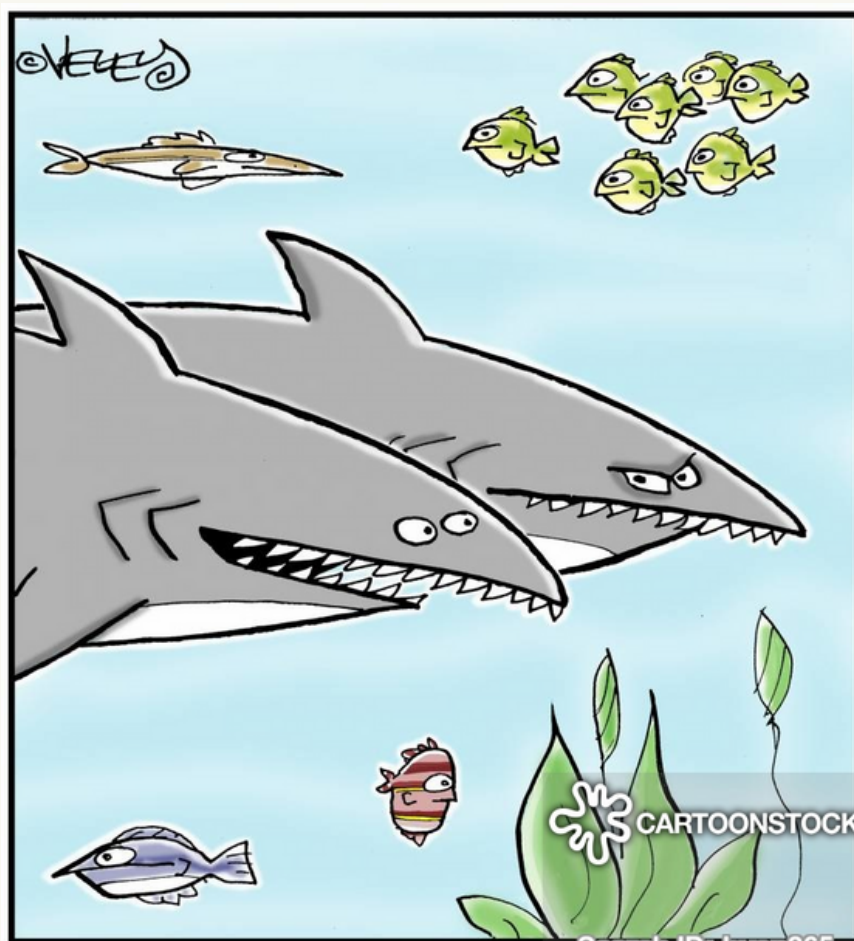


Parent Workshops

[Click for Positive Discipline Parenting](#)

[Click for Triple P Positive Parenting](#)

Thanks for reading and have a great month!



*"I know it sounds weird, Bill, but it's true!
When I focus on what I can **BRING** to the
feeding frenzy instead of what I get from it, I
feel a whole lot better about myself!"*