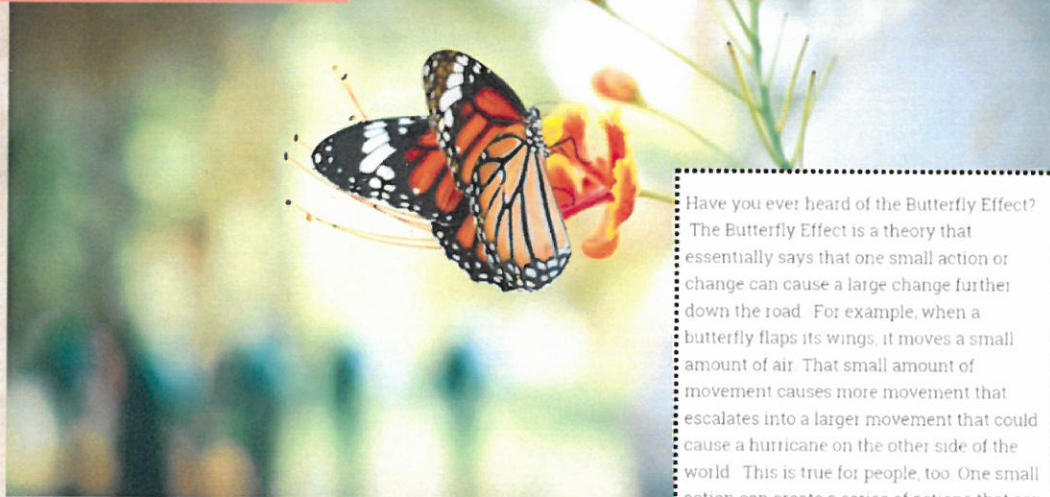




COUNSELOR'S CORNER



KINDNESS CAMPAIGN FEBRUARY



Have you ever heard of the Butterfly Effect? The Butterfly Effect is a theory that essentially says that one small action or change can cause a large change further down the road. For example, when a butterfly flaps its wings, it moves a small amount of air. That small amount of movement causes more movement that escalates into a larger movement that could cause a hurricane on the other side of the world. This is true for people, too. One small action can create a series of actions that can change the world (for good or bad)!

Each February, we like to take part in celebrating National Kindness Day by taking part in North Posey's very own Kindness Campaign. Each year activities are hand-selected for students to engage in that foster kindness, compassion, and a positive, healthy school environment.

This year we're focusing on intention. Kindness is an action, and in that action has a butterfly effect. A butterfly effect is described as one small action causing a ripple effect throughout the world, which can create waves, hurricanes, and more. Kindness in action can have a lasting impact on those around us and the culture of our community. Acts of kindness, whether it's a kind word, a held door, a smile in the morning, a wave to your neighbor, allowing someone ahead of you in line, a genuine compliment, or a note of gratitude, all can ripple through the hearts and minds of many. Meanwhile, it makes you feel great. It activates a different part of your mind and soul to act out of kindness without regard for what you will get from it yourself. Being selfless is a characteristic we should all aspire toward. Keep reading this month's edition for inspiring quotes about kindness which will hopefully lead you to have a positive impact on your community. Look for kindness in actions around the school and/or community and in your student's life, and make sure you mention/discuss what you see with others. You will see and experience kindness from others if only you keep your eyes open for it.

SPRINKLE
KINDNESS
AROUND LIKE
CONFETTI

"No act of kindness, however small, is ever wasted."
-Aesop
Happy World Kindness Day

SCHOOL COUNSELOR APPRECIATION WEEK



Q: What does a school counselor do?
A: School counselors work with students to help them navigate academic, social, and emotional challenges. They provide guidance on course selection, college and career planning, and personal development. School counselors also support students facing issues such as bullying, mental health concerns, and family worries. It's a role that requires monthly excellent communication skills.



COUNSELOR'S CORNER

Plan a kindness campaign in your own home by following some of the prompts below. Have some family fun planning a Kindness BINGO game to play with the family, or feel free to prompt a discussion with your student(s) about the kindness campaign, as well as their involvement!

KEEP KIND IN MIND

Acts of Kindness Ideas for Teens

BE KIND TO YOUR FRIENDS

- Make a homemade gift for someone
- Be a good listener to a friend in need
- Text a friend to tell them they are loved

BE KIND ONLINE

- Write a positive comment on a post
- Send an encouraging text or message
- Share an uplifting story on social media

BE KIND AT SCHOOL

- Write a Thank You note to your teacher
- Stand up for someone who is being bullied
- Invite a classmate to sit with you at lunch

BE KIND TO THE ENVIRONMENT

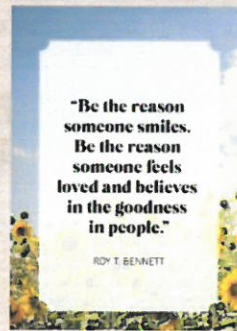
- Use a reusable water bottle
- Recycle at school and at home
- Pick up litter around your neighborhood

BE KIND TO YOURSELF

- Read an inspiring book or article
- Do something that brings you joy
- Forgive yourself for a past mistake

BE KIND TO YOUR FAMILY

- Cook and eat a meal together
- Do a chore for a family member
- Help a younger sibling with homework



Acts of Kindness Bingo Card

Hold the door open for someone	Share a smile with someone who looks sad	Help a friend with their backpack or books	Compliment a classmate on their outfit	Offer to share your school supplies with someone in need
Buy "good morning" to your teachers and classmates.	Write a positive note and leave it on a friend's desk.	Help clean up after a class activity	Invite a classmate to join you during lunch.	Listen actively when someone is speaking.
Help a classmate who looks like they're struggling.	Share your snack with a friend who forgot theirs.	FRISK! Remember you are seen. Have someone you are loved too!	Draw a picture for a teacher to show your appreciation.	Help organize the classroom materials at the end of the day.
Pick up any trash you see around the school grounds.	Give a high-five or fist bump to someone.	Ask if you can sit with a classmate who is alone.	Help a new student find their way around the school.	Let someone go ahead of you in line.
Let someone try one of your snacks.	Invite a classmate to join a game during recess.	Say something kind to the person next to you in class.	Let someone you're glad you know them.	Invite someone to hang out after school.

MAKE IT INTO A GAME!

RANDOM ACTS OF KINDNESS THROUGH WRITING

- Send a hand-written card to someone.
- Compose a quick email to check in.
- Text a friend you haven't seen lately.
- Compliment yourself or a sticky note.
- Leave a random note of love.
- Comment on a friend's social profile.

GET CREATIVE WITH IT



OFFER SMALL PRIZES TO INCLUDE YOUNGER SIBLINGS

ACTS OF KINDNESS CARD

COMPLETE THREE ACTS OF KINDNESS IN YOUR FAMILY, SCHOOL, OR COMMUNITY

ENGAGE IN DISCUSSIONS WITH STUDENTS

Skittles Game: Kindness

How do you feel when you are kind to other people?

What does kindness look like or sound like?

How could you show kindness to someone you don't know?

When was someone kind to you? How did it feel?

Has someone ever been unkind to you? How did it feel?

50 Meaningful Family Acts of Kindness that teach compassion.

DoingGoodTogether.org

- In 5 minutes...**
 - Decorate a giving box to collect change for good
 - Set up a big-hearted mail center with our printable
 - Donate online to a cause you care about.
 - Leave a book in a Little Free Library
 - Offer to pick up groceries for an ailing neighbor
 - Discuss big ideas with our conversation starters
 - Print and commit to our 30-Day Kindness Challenge
 - Share your story, and inspire others to do good
 - Sign up for Doing Good Together's newsletter.
- Daily...**
 - Ask "who have you helped today?" and "who has helped you today?"
 - Discuss big ideas with our conversation starters
 - Read and discuss big-hearted books
 - Give a thank you card to a helper in your life.
 - Keep a DIY kindness journal.
 - Bike, walk, take a bus, or carpool if possible
 - Print big-hearted placemats for a family meal.
- Monthly...**
 - Adopt a family through the Box Project
 - Share books pen-pal style with Family-to-Family
 - Make microloans through KIVA
 - Shop for and deliver donations to a food pantry
 - Visit a local nursing home and read to residents
 - Offer to babysit for a single parent
 - Start a kindness club to meet local needs.
 - Read Doing Good Together's volunteer listings and choose a new service opportunity
- In 1 hour...**
 - Hold family meetings, and set big-hearted goals
 - Create cheerful drawings for Color-A-Smile
 - Create pet toys for an animal shelter
 - Send notes to soldiers with Thanks a Million
 - Take a walk and clean up your neighborhood
 - Give the gift of recognition with DGT's award printable
 - Write cheerful poems for lonely neighbors
 - Create encouraging bookmarks to put in library books
 - Decorate lunch bags for Meals on Wheels
 - Donate kids' craft kits to a children's hospital
- On holidays...**
 - Create your own kindness-themed tradition
 - Host a Valentine's Card Making party for hospitalized kids or folks in a nursing home
 - Celebrate Earth Day by greening up your habits.
 - Deliver May Day baskets in your neighborhood
 - Print our Summer of Kindness Bucket List.
 - Make cards for military families at the 4th of July.
 - Trick-or-Treat for UNICEF.
 - Adopt a family for the holidays
- In a few hours...**
 - Work in a community garden.
 - Make no-sew blankets for the Linus Project
 - Host a book drive for Operation Paperback.
 - Create essential hygiene or baby care kits for CWS
 - Host a Family Service Fair with Doing Good Together
 - Visit a nursing home and make new senior friends.
 - Create birthday bags for a local food pantry
 - Cook a meal at a local shelter.
 - Create a newsletter about a cause you love.

Kindness begins with you

KINDNESS ACTIVITY FOR KIDS

Call grandma and pop

Call the neighbor

Say please

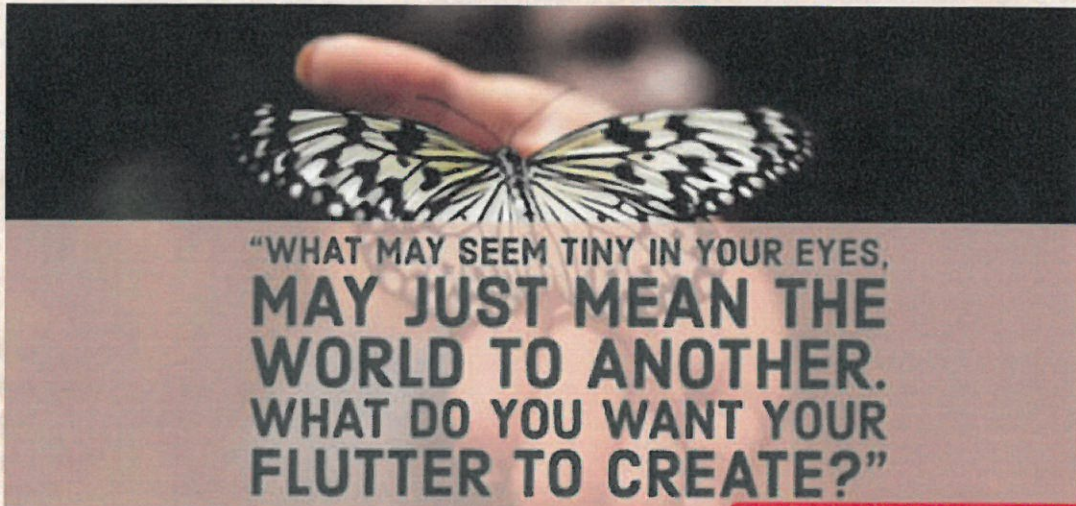
GET CRAFTY

INCORPORATE INTO FAMILY ROUTINE





COUNSELOR'S CORNER



Q: Why did you decide to become a school counselor?

A: I studied psychology in college and decided I wanted to do an internship. I ended up doing my internship at Boonville High School and loved it. I then attended the School Counseling Master's program at Indiana State University

Q: What's your favorite part of your job as a counselor?

A: My favorite thing about being a school counselor is getting to build relationships with the students and staff.

Q: How many students are on your school counseling caseload?

A: 225 students to 1 counselor

Q: And you help students through a crisis?

A: Absolutely, and if additional support is needed I am also able to refer the student to outside resources.

Q: What's the one thing every parent/teacher/community member can do that would help you do your job?

A: Be our eyes and ears. If you see that a student is having a bad day, don't hesitate to ask them—and if it looks like it is part of something bigger, let me know.

Q: How can parents/students get a hold of you for questions/concerns?

A: The best way to contact me is through email. My email is areynolds@northposey.k12.in.us. You could also call me. The junior high phone number is 812-673-4244. I would love to hear from you. Please don't hesitate to contact me with any questions or concerns.



JUNIOR HIGH STUDENTS ENDED UP COMPLETING AND FILLING OUT OVER 700 RANDOM ACTS OF KINDNESS. THAT'S A WHOLE LOTTA KINDNESS! WAY TO GO VIKINGS!!!!!!



KINDNESS

/kʌn(d)nes/ noun

1. Loaning someone your strength instead of reminding them of their weakness.



"NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED."

-ALSOE



"Kindness begins with the understanding that we all struggle"

-CHARLES GLASSMAN

BEING **kind** 
MAKES YOU
beautiful 