



# 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





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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	Send a positive note and leave it on a teacher'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	Practice kindness: You are even, I am even, we are even, we are even	Draw a picture for a teacher to show your appreciation	Help organize the classroom materials at the end of the day
Pick up litter 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	Draw a note that says 'I love you' around the school	Let someone go ahead of you in line
Tell someone they are awesome	Invite a classmate to join a game during recess	Buy something and let the person next to you in class	Tell someone you're glad they 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 on 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?

## Kindness begins with you

## 50 Meaningful Family Acts of Kindness that teach compassion.

### 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

### 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

### 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

### 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
- Support 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

### 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

## INCORPORATE INTO FAMILY ROUTINE

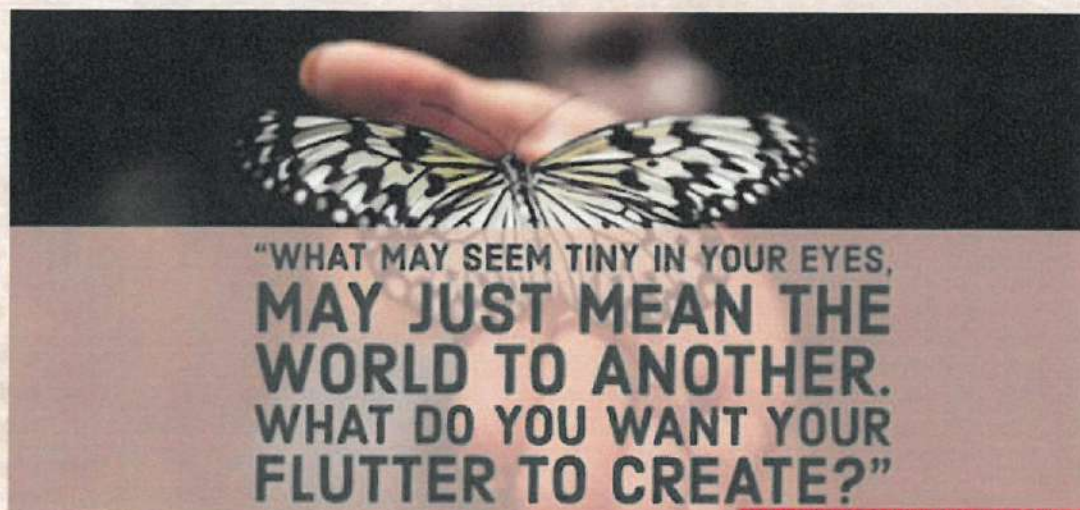
## GET CRAFTY







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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

/kɪn(d)nəs/ noun

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



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

-ALEX



"Kindness begins with the understanding that we all struggle"

-CHARLES GLEASMAN

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](mailto: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.

**BEING kind**  
MAKES YOU  
**beautiful**