

Counselor's Corner



Starkey Elementary School

JANUARY 2025

IN THE CLASSROOM

JANUARY CLASSROOM LESSONS:

- K: Be the Sunshine
- 1st: Learning to Lose
- 2nd: I Can Help Me Statements
- 3rd: Choose Respect
- 4th: Water the Flowers
- 5th: Connection is a Good Thing



SCHOOL COUNSELOR ACTIVITIES:

Respect is acting with thoughtfulness as we give honor and value to ourselves and others. This month we will be talking about respect. Student activities will focus on how to show respect in different situations to themselves and others.



HIGHLIGHT OF THE MONTH

THIS MONTH'S THEME: *KINDNESS*

Kindness produces many beneficial effects for the body, mind, and spirit. Did you know there are scientifically proven benefits of being kind?

SCIENCE BACKED BENEFITS OF SPREADING KINDNESS:

Releases "Feel Good" Hormones



Eases Anxiety



Reduces Stress



Can Help You Live Longer



Can Prevent Illnesses



Good for Your Heart

RESOURCES

TIPS FOR PARENTS/GUARDIANS:

- Complete a Kindness Challenge with your family - Click [HERE](#)
- How to be a Kindness Role Model for your kids: Click [HERE](#)
- Healthy New Year's Resolutions for Children and Teens - Click [HERE](#)



SCHOOL COUNSELOR

Lindsey Roloff



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