

Counseling Newsletter

February: A Month of Kindness & Friendship

February is National Random Acts of Kindness Month, and what better way to celebrate than by spreading love and positivity through simple acts of kindness—and friendship! Whether it's offering a kind word, helping a neighbor, or reaching out to an old friend, every small gesture creates a ripple effect of goodwill.

Kindness and Friendship for Kids!

Here are some fun and easy ways elementary students can spread kindness and be great friends:

- **Share your favorite toy or game with a classmate.** It's a great way to include others and make new friends!
- **Give a compliment to someone.** Tell a friend something you like about them, like "I love your drawing!" or "You're really good at soccer!"
- **Make a friendship card.** Draw a picture or write a nice note for a friend and give it to them. It'll make their day brighter!
- **Help a friend who needs it.** If someone drops their pencil or is having trouble with their homework, offer to help out.
- **Be a good listener.** When someone talks to you, listen carefully and ask them how they're feeling. Sometimes, being a friend is just about being there!

Remember, even small acts of kindness can make a big difference. Let's fill February with as many kind gestures as we can, and show our friends how much we care!