

# COUNSELOR'S CORNER

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It's easy to think of kindness as an innate talent, something you either possess... or don't. But that's not the case. Kindness is a skill – and like any skill, it can be developed with practice and repetition. Research is showing that teaching kindness improves a child's happiness, health, self-esteem, concentration, grades, sense of belonging, acceptance of their peers and appreciation of their circumstance. It also reduces depression, stress and the likelihood of bullying peers. We all know being kind is worthwhile. But, as it turns out, it's even more worthwhile than any of us realized – because we now know that dedicating just a few minutes each week to kindness has a hugely beneficial impact on your wellbeing and success.\*

## RANDOM ACTS OF KINDNESS WEEK SPIRIT DAYS

- **Monday February 15 - Team Up for Kindness Day**
  - (Dress in your sports gear or favorite team sport)
- **Tuesday February 16 - Ride the Wave to Kindness Day**
  - (Wear beach/surfer attire)
- **Wednesday February 17 - Crazy for Kindness Day**
  - (Wear crazy socks and mix-match shoes)
- **Thursday February 18 - Peace, Love and Kindness Day**
  - (Dress in tie-dyes, peace signs or hippy clothes)
- **Friday February 19 - Kindness is the Prairie Way Day**
  - (Wear Prairie or Waunakee spirit clothing)



## MONTHLY RESOURCE: [RANDOM ACTS OF KINDNESS FOUNDATION\\*](#)

Random Acts of Kindness Foundation's website is a resource where you'll find things to fill your soul up and help you remember that the world is actually pretty amazing. If you just need a momentary 'pick me up', check out their inspirational quotes section or head on over to the Kindness Ideas page. If you want to find out about incredible people, take a look at their Kindness Stories. They also have tons of resources including a free curriculum for kindergarten through high school, kindness clubs, posters and project ideas.

# KINDNESS FROM THE HEART

## 4TH GRADE STUDENT SERVICE LEARNING PROJECT



Four students from our 4th grade have been working on a special project from their hearts. They are organizing a food drive for the Waunakee Food Pantry. The food drive will take place during Random Acts of Kindness Week (February 15 - February 19). Requested items for the food drive are listed below. Students can bring in their donations and place them in boxes that will be located in their classrooms. Please make sure to check expiration dates before donating items. Also please do not donate any partial packages of items. Monetary donations will also be accepted so the students can go to our local grocery store to purchase additional items. There will be a collection jar where students can deposit money located near the LMTC during during Random Acts of Kindness Week. Thanks for helping others in need!

- Anna Fisher
- Reese Hurley
- Hadley Frost
- Meg Wagner

### FEBRUARY LESSONS

#### Kindergarten

Kindness, Emotion Regulation, Mindfulness

#### Grade 1

Kindness, Emotion Regulation, Mindfulness

#### Grade 2

Kindness, Emotion Regulation, Mindfulness

#### Grade 3

Mindfulness, Kindness, Stress Management

#### Grade 4

Mindfulness, Kindness, Stress Management, Second Step

## REQUESTED ITEMS FOR THE RAK WEEK FOOD DRIVE

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> crackers        | <input checked="" type="checkbox"/> brownie mix            |
| <input checked="" type="checkbox"/> granola bars    | <input checked="" type="checkbox"/> jello and pudding mix  |
| <input checked="" type="checkbox"/> pretzels        | <input checked="" type="checkbox"/> pickles                |
| <input checked="" type="checkbox"/> cereal          | <input checked="" type="checkbox"/> ketchup                |
| <input checked="" type="checkbox"/> rice            | <input checked="" type="checkbox"/> dressings              |
| <input checked="" type="checkbox"/> pasta           | <input checked="" type="checkbox"/> juice                  |
| <input checked="" type="checkbox"/> spaghetti sauce | <input checked="" type="checkbox"/> hot chocolate          |
| <input checked="" type="checkbox"/> canned tomatoes | <input checked="" type="checkbox"/> coffee                 |
| <input checked="" type="checkbox"/> canned fruit    | <input checked="" type="checkbox"/> laundry detergent      |
| <input checked="" type="checkbox"/> peanut butter   | <input checked="" type="checkbox"/> toilet paper           |
| <input checked="" type="checkbox"/> jelly           | <input checked="" type="checkbox"/> coins to buy more food |

