

Emmons School

A Note from the School Counselor
Miss. Samuels (609) 893-8141 ext. 1044

Character Education Newsletter

February 2021

Dear Parent(s)/Guardian(s),

This month at Emmons School, we are working on the character trait of **Kindness**. **Kindness** is doing positive acts for others and speaking to everyone we come in contact with respectfully. **Kindness** is also one of our 5 core values. Each month, our students have one character education trait that they are supposed to work on. Last month, we worked on Service. Below are some helpful hints on what you can teach your child at home about **Kindness**. In addition, this month we acknowledge **Random Acts of Kindness Week on February 15-February 19**. There will be a school spirit week with special dress days and virtual activities as described below. Each day will also feature an act of kindness to do that day!

Kindness means to...

- Use respectful language with others
- Help others inside and outside of school
- Treat others the way you would like to be treated
- Do nice acts just because



Children's Books on Kindness

- Chrysanthemum by Kevin Henkes
- The Giving Tree by Shel Silverstein
- The Kindness Quilt by Nancy Elizabeth Wallace
- The Rainbow Fish by Marcus Pfister
- What Does It Mean To Be Kind? by Rana DiOrio
- Do Unto Otters: A Book About Manners by Laurie Keller
- The Big Umbrella by Amy June Bates
- Be Kind by Pat Zietlow Miller

Random Acts of Kindness Week (February 15-19)

Monday, February 15

School Closed-President's Day

Tuesday, February 16

We Love Kindness Day-Wear red or pink or your favorite Valentine's Day clothing to show how we love kindness!

Act of Kindness: Smile at others!

Catch the Kindness Game: Using popsicle sticks (or some other random name picker) call out a student's name. They then choose a number between 1-3.

- #1 = I like you because...
- #2= I saw you being kind when you...
- #3= I am glad you are here because...

Starting with the teacher, each person will be called randomly. When you are called, the number you choose is the section you must answer about the person that came before you.

Wednesday, February 17

Let Kindness Shine Day-Wear sparkly, shiny, or neon clothing to show how kindness shines!

Act of Kindness: Give someone a compliment!

Kindness in Action Discussion: Discuss as a class what kind acts you have experienced! What was the kindest thing someone did for you? How did you feel afterwards? Did it motivate you to be kind?

Thursday, February 18

Crazy for Kindness Day-Wear your craziest hair or craziest hat to celebrate how we are crazy for kindness!

Act of Kindness: Use polite words like, "Please" and "thank you!"

Random Acts of Kindness Collage Activity: Using the Internet, find images that represent kindness! Create a collage in google docs and label each act! Share it with your family members at home!

Friday, February 19

Dream of Kindness Day-Wear your pajamas to show you dream of kindness!

Act of Kindness: Write thank you notes to people who help you, such as your parents, grandparents, community members like firefighters or police officers, and your teachers!

Kindness Cards Activity: Using the kindness cards provided, create 5 positive self-talk cards to use each morning. Each statement must be present tense, empowering, and kind to yourself. For example, "I am a terrific friend" or "I am a hardworking student." Keep these cards by your bed and read them aloud every morning throughout the week to show kindness to yourself!