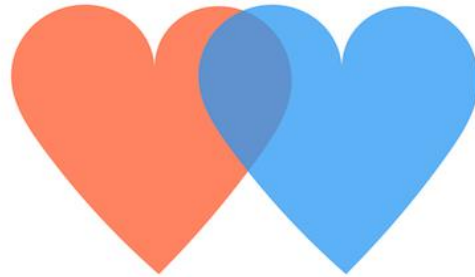


Counselor Connection ☀️😊❤️

Katelyn K. showing citizenship
on World Kindness Day!
Thanks Katelyn!!



EMPATHY



December Character Trait:
Compassion/Empathy

SLOW DOWN!

This time of year brings “hussle” and” bussle” for everyone. It is hard to stay focused on details when everything around you is happening in a hurry! As we venture into the holiday season, take time to notice small moments. Be mindful of how others are feeling and be purposeful to show empathy and compassion daily. This month we will focus on those character traits. Students will learn the 5-step process to being empathetic and will focus on being “aware” of those around them. In order to really show empathy we need to SLOW DOWN and acknowledge one and other.

Step 1: Watch and Listen (What is the other person saying, what is their body language?)

Step 2: Remember (When did you feel that same way?)

Step 3: Imagine (Imagine how you might feel in that situation)

Step 4: Ask (Ask the person how they are feeling, how you can help)

Step 5: Show you care (Through words AND actions show them that you care)

Follow-up at home: See the next page for a compassion and kindness calendar. Use this at home or create your own as a family! Spend some time this holiday season focusing on the needs of others and practicing **Step 5** by showing that you care!



Small groups are starting up again! Please check out the referral link under my tab to refer your child!

Contact:

Always and often ☺️

Heidi Schneider

School Counselor

262-359-2123

hshneid@kUSD.edu

M, T, R, F @ Pleasant Prairie

RANDOM ACTS OF KINDNESS CALENDAR

countdown to winter break

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28 Draw a picture for a friend.



29 Pick up trash around school.



30 Give a compliment to someone.

1 Leave a friendly note in a library book.



2 Give high fives to your classmates.

5 Bring in a can of food for donation.



6 Write a thank you note to the school janitor.

7 Hold the door for someone.



8 Let someone else go first in line.



9 Draw a chalk message on the playground.

12 Share a family tradition with your class.



13 Collect coins for a cause that matters to you.



14 Write a poem for someone at your school.

15 Spend 10 minutes cleaning your classroom.



16 Make a card for a sick person.

19 Help someone do a job or a chore.

20 Write a letter to a faraway friend.



21 Tell your teacher why he or she does a good job.



22 Set a personal goal for 2017.

23 Set a class goal for 2017.

Hooray!

It's

winter

break

!!!

26



27



28

29



WE ARE TEACHERS