

# Counselor's Corner



Florida Virtual School Flex Elementary  
*Strengthening The Home School Connection*

Mrs. Rohr & Mrs. Pinkman

February 2020

## Let's Be Kind!

Teaching kindness takes our time and investment. From Kathy Lee at Very Well Family, here are 6 effective ways to teach kindness to your children.

### 1. Do Unto Others

Young children need reminders about trying to put themselves in someone else's shoes. Ask your child to try to remember to think before saying something about someone and to take the time to consider how she might feel if someone said it to her.

### 2. If You Cannot Say Something Nice...

The adage about saying nothing at all if you don't have something nice to say about someone is a good one to teach kids. Teach the habit of saying nice and positive things. It is also important to teach children how to say things.

### 3. Kind Words and Smiles

Be a good role model and try to be nice to people you interact with throughout the day. Let your child see you tell the checkout person at the supermarket to have a nice day, thank a waiter for serving you, or compliment a neighbor on the hard work she did in her garden. Be the behavior you want to see in your child.

### 4. Thank You, Please, and More

Teaching good manners, such as being respectful to others, greeting people properly, and speaking to people in a nice way, is also an important part of raising a kind child.

### 5. Be Nice to Your Child

Even when you're tired and frustrated – especially when you're tired and frustrated – try to speak in a kind way to your child. Discipline with love, support her when she is down, and be kind.

### 6. Being Kind Makes Kids Feel Good

When you encourage kindness in your child, he will feel better not only about the world he lives in but about himself. That's the thing about raising a child who is kind: not only will kindness lift up your child and the others around him, it will help him grow to be a happy and loving person.

## Kindness Week! February 10-14th

Join your Elementary FLVS Flex and Full Time School Counselors for a different story every day at 1:00 pm during Kindness Week. Then, on Friday at 1:00 pm come join us for some Jeopardy fun!

## School Success Tips:

It's important that we teach empathy, kindness, and compassion to our children. You can help model these character traits-remember, your child is always watching!

Keep an eye out for opportunities when you can catch your child showing kindness and provide specific praise on their good deed.

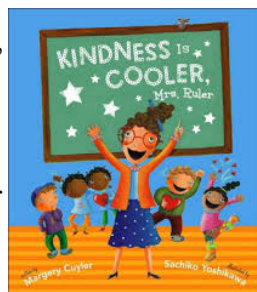
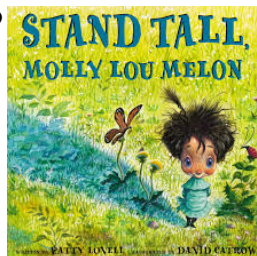


## Acts of Kindness Challenge

## Suggested Literature

**Give them goals:** Give your child a goal to meet, perhaps 5 acts per week, and a checklist or calendar to help them keep track. When they've completed the checklist or calendar, they could add a star to a chart, or a shape cutout to a home bulletin board dedicated to the challenge. The things your kids do randomly for each other might be to sharpen a sibling's pencil, compliment a friend, hug a grandparent, feed a pet, or donate items to charity.

**Thank you notes:** Have your child write about kind things that people have done for them. Have them write a small thank you note for that person and deliver it to them.



Mrs. Rohr  
School Counselor  
krohr@flvs.net

(407) 513-3524

Grades: K, 1st, 2nd



Mrs. Pinkman  
School Counselor  
rpinkman@flvs.net

(407) 513-3699

Grades: 3rd, 4th, 5th