



# The Counselor Connection

FEBRUARY 2022

## This month's character trait: KINDNESS

### So What is It?

Kindness is the quality of being friendly, generous, and compassionate.

### Why is it Important?

It is important to be kind because it makes the world a better place. Being kind feels good to the recipient AND the giver. You never know what someone else might be going through, so be the person who makes their day a little bit brighter!

### How can I Show Kindness?

- I can hold the door open for someone
- I can write a kind note to a friend or family member
- I can listen to and obey my adult(s)
- I can allow someone else to go first

- I can encourage a friend who might be having trouble doing something
- I can bake a dessert for a neighbor
- I can make a get-well card for someone who isn't feeling well
- I can donate clothing or toys that I've outgrown to a shelter
- I can help to cook dinner
- I can tell someone how much I love them
- I can listen to someone and show empathy if he/she is having a bad day
- I can help a younger sibling with their homework
- I can say three positive things about myself – yes, I can (and will) be kind to myself, too!

## We're here to help!



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Serving counties  
Alachua through  
Hardee, alphabetically,  
plus Hillsborough.



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Serving counties  
Hendry through  
Orange, alphabetically,  
except Hillsborough.

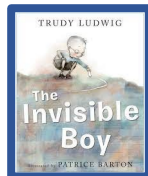


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Florida Virtual School



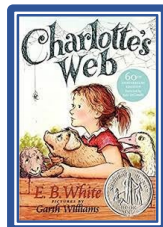
## Check out these books!



The Invisible Boy  
By: Trudy Ludwig

Be Kind

By: Pat Zietlow Miller



Charlotte's Web

By: E.B. White



## February at a Glance

2/7-2/11 – Career Week



2/21 – President's Day  
NO SCHOOL



MONDAY

Draw a picture or write a poem about your future career. Email it to [nminger@flvs.net](mailto:nminger@flvs.net) & see if you're selected to be featured on our counseling webpage!

TUESDAY

Wear a college t-shirt OR dress as your future career for class time

WEDNESDAY

Career presentations – Check your teacher's announcement page for a list of scheduled presentations and a link!

THURSDAY

Read Aloud Day – Join your counselors [here](#) for stories on choosing the perfect career!

FRIDAY

Missed the live presentations? Catch up on them [here](#)!

FLEX Elementary

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