

February 2022

School Counselor Newsletter

Email: Titovar@turlock.k12.ca.us

Telephone: (209) 668-9600

February is the month of kindness. Kindness is defined as being friendly, generous and considerate. When we practice kindness either to other people or towards ourselves we can experience positive mental and physical changes through lowering stress levels and increasing the body's production of feel-good hormones.

Encourage your child to promote kindness in their every lives. Our actions — big or small — can make a difference! Remember, kindness is something everyone can give.

Empathy Tool

I care for others. I care for myself.

- Remind family members to "Use your Empathy Tool" as a signal to noticing each other's emotions.
- Talk with your child about seeing things from someone else's perspective - by "walking in someone else's shoes."
- Teach your child body language. The importance of understanding how someone is feeling and asking if they need help.
- During conflicts, listen without judgment when your child talks about how he/she is feeling. Naming their feelings is the first step to helping children figure out why they are having those feeling, and then do some problem-solving.



Ms. Tovar

Hello! This month students have the option to participate in our Kindness Challenge. Students complete a kindness act from the calendar that is given to them. Once they complete the act, they need to get a signed by an adult. Kindness Challenge Calendar needs to be submitted to the office by March 2nd. Please remember to wear pink or red every Wednesday for the month of February to support kindness month.

Please reach out if you have any questions or concerns about your child regarding their social/emotional wellbeing.

Book ideas to read with your child about empathy and kindness:

- I am human
- Stand in my shoes
- Be kind
- Try a little kindness
- Have you filled your bucket today