



Counselor Newsletter

January 2023

IN JANUARY OUR FOCUS AT CRIMSON VIEW ELEMENTARY IS ALL ABOUT **KINDNESS**

- Teachers will be teaching about kindness in classrooms through our SEL platform Second Step
- Mrs. Fjeldsted will go to each classroom to give students a lesson on empathy and kindness
- As a whole school we will have a kindness week full of kindness challenges (see details below)

RESOURCES FOR FAMILIES

TIPS

- Talk about kindness at home!
Too often we give simple statements like "be nice to your brother!" Discuss what kindness is, why it is important-and don't forget to discuss being kind to yourself!

BOOKS ON KINDNESS

- Have You Filled a Bucket Today?
- The Invisible Boy
- Each Kindness
- One

KINDNESS WEEK **JANUARY 17TH-20TH**

Teachers will be keeping track of kind acts in their classroom all week long. All students in the winning class will get a fidget toy!

KINDNESS WEEK CHALLENGES

January 17th-20th

- Tuesday: Compliment Someone
- Wednesday: Invite someone who looks lonely to play
- Thursday: Clean up around the school without being asked
- Friday: Smile at everyone you see today!

HAPPY NEW YEAR