

## Character Trait of the Month - KINDNESS

This month's character trait is **kindness**. We will be discussing what it means to be kind in school this month, and how important it is to ***be caring, helpful to others, sharing, and including everyone***. Please reinforce kindness with your child(ren) at home, and praise your child for demonstrating this trait.

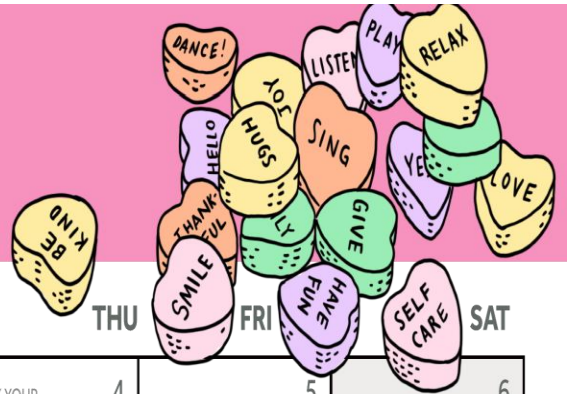
- ❖ Discuss how your child shows kindness at home, through a club, or a sport that they participate in.
- ❖ With your child, think of a time when your child should have shown more kindness. Talk about what your child could have done differently in that situation.
- ❖ Have a conversation with your child about how they will demonstrate kindness in the future (ask for specific details).
- ❖ Make a list of people who are kind, and how they show kindness.





I have included a Kindness Calendar for you and your family to look at and try some of the ideas from it! I would love to hear from you and the ideas you have chosen to do to show kindness!

KINDest regards,  
Denise Brewer  
Knollwood School Counselor

[Scroll down to page 2 for the Kindness Calendar!](#)

# FEBRUARY 2021



SUN	MON	TUE	WED	THU	FRI	SAT
<p>31</p>  <p>START OF BLACK HISTORY MONTH</p> <p>Create a gratitude jar and fill it with things for which you are grateful during the month.</p>	<p>1</p> <p>GROUNDHOG DAY</p> <p>2</p> <p>Change up your daily routine today.</p>	<p>3</p> <p>Place encouraging and cheerful notes on 3 stranger's cars. Visit careforthree.com to become part of a movement.</p>	<p>4</p> <p>THANK YOUR MAILMAN DAY</p> <p>Leave a small gift of appreciation in your mailbox addressed to your mailman.</p>	<p>5</p>  <p>Pay attention to your internal dialogue.</p>	<p>6</p> <p>Tap into your creative side! Write, paint, sing or dance.</p>	
<p>7</p> <p><b>FREE DAY!</b> Think about how you can be a person of integrity.</p>	<p>8</p> <p>Join the "You Matter Marathon" and leave cards in public places for strangers to find. <a href="http://youmattermarathon.com">youmattermarathon.com</a></p>	<p>9</p> <p>Take the child in your life out for an ice cream treat today.</p>	<p>10</p> <p>UMBRELLA DAY</p> <p>Give out a few umbrellas to some strangers on the street.</p>	<p>11</p> <p>Plan to send an anonymous bouquet of flowers and/or candy to your local nursing home on Valentine's Day.</p>	<p>12</p> <p>CHINESE NEW YEAR</p> <p>Hide a love note for your partner in their bag or wallet for them to find during their workday.</p>	<p>13</p> <p>WORLD RADIO DAY</p> <p>Turn the radio up and sing at the top of your lungs in your car or shower.</p>
<p>14</p> <p>VALENTINE'S DAY</p> <p>Play Cupid: introduce two single people who you think would be a great match.</p>	<p>15</p> <p>PRESIDENT'S DAY</p> <p>Download a meditation app and try it out tonight before bed.</p>	<p>16</p> <p>Visit your parents or invite them over for dinner.</p>	<p>17</p> <p><b>RANDOM ACTS OF KINDNESS DAY</b></p> <p>Do an act of kindness for someone and encourage them to pay it forward.</p>	<p>18</p> <p>Write and send a thank you note to someone in your life that help you through a tough time.</p>	<p>19</p>  <p>Take a hot bath and relax.</p>	<p>20</p> <p>Invite a friend, neighbor or coworker home for dinner.</p>
<p>— <b>RANDOM ACTS OF KINDNESS WEEK! VISIT <a href="http://WWW.RANDOMACTSOFKINDNESS.ORG">WWW.RANDOMACTSOFKINDNESS.ORG</a> AND GET INVOLVED!</b> —</p>						
<p>21</p> <p>Help someone who is carrying a heavy load.</p>	<p>22</p> <p>Get involved! Sign up for a community related cause.</p>	<p>23</p>  <p>Leave a note on the public restroom mirror that says "You look amazing!"</p>	<p>24</p> <p>Leave an inspiring poem, or painting somewhere in the community for someone to discover.</p>	<p>25</p> <p>Purchase groceries for the person in front of you in the express line.</p>	<p>26</p> <p>Take a friend or family member on a spontaneous adventure.</p>	<p>27</p> <p>Take today to kick back, relax, and reflect on what's really important in life.</p>
<p>28</p> <p>Empty and read the gratitude jar you've created throughout the month.</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p><b>JANUARY</b></p> <p>S M T W Th F S</p> <p>27 28 29 30 31 1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31 1 2 3 4 5 6</p>	<p><b>MARCH</b></p> <p>S M T W Th F S</p> <p>28 1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31 1 2 3</p> <p>4 5 6 7 8 9 10</p>