

# Counselor Corner

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## Quote of the Week

Be the living expression of  
God's kindness:

Kindness in your face.  
Kindness in your eyes.  
Kindness in your smile.

- Saint Teresa

## Parenting Tip

Mistakes are a wonderful opportunity to learn. This is the topic of the newsletter I received from the Positive Discipline organization this week. You can sign up for the weekly newsletter and find lots of other helpful resources at:

<https://www.positivediscipline.com/>

## Kindness Rocks!!

"I saw someone being kind by letting a friend play with them at recess."

"Someone made me laugh"

"I saw some people comforting a student who was crying."



## HIGHLIGHTS

### Random Acts of Kindness Week

Monday February 17 is Random Acts of Kindness (RAK) day. We will be celebrating all week at St. Louis School by encouraging kindness each day (as we do EVERY day of the school year). All students will have a special presentation on Wednesday with Mr. Peace. He visited us last year and we're super excited that he'll be joining us again.

**PLEASE MARK YOUR CALENDARS FOR OUR SPECIAL ADULT EVENING SESSION WITH MR.**

**PEACE.** It will be Wednesday evening February 19<sup>th</sup> at 7pm for about an hour. The kids loved Mr. Peace last year so please come out and hear his message so we can promote it here at school and in our homes.

There are some great resources for promoting Random Acts of Kindness. You can check out [www.randomactsofkindness.org](http://www.randomactsofkindness.org) for ideas, videos, posters, etc..... You might consider watching a short video as a family each day and see how you can work to promote a culture of kindness.

[www.lifevestinside.com](http://www.lifevestinside.com) is another wonderful resource. You can sign up for a daily newsletter that includes a quote, an action and a video.

*Let's Throw Kindness Like Confetti*

## Podcast Pick

Podcasts aren't just for grown ups. There's a great one developed just for kids called "The BIG Life KIDS Podcast. You can listen in the car. They have a good message and are entertaining. I'm currently listening to one entitled "Discover the Superpower of Kindness!"