

# Counselor Corner

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## Quote of the Week

"There are 3 ways to ultimate success:

The first is to be KIND

The second is to be KIND

The third is to be KIND"

Fred Rogers

## Parenting Tip

**ACT WITHOUT WORDS:** At times the most effective thing to do is keep your mouth shut & act.

- Let kids know in advance what you're going to do.
- Check that they understand
- Follow through by acting kindly and firmly without saying a word.
- For example: Pull over if kids fight while you're driving. Read a book until they let you know they are ready.



## HIGHLIGHTS

I hope by now your children have told you about Mr. Peace. He is a Catholic motivational speaker and his message is incredible. He started his talk with the younger children rapping a song with the following lyrics: "we need kindness, no more heart blindness, so give it free, do it please, the more you give, the more you shall receive." His message of appreciating diversity and unconditional love are timeless. Please check out this video he made after his day with us:

<https://www.youtube.com/watch?v=GK9VuYwlsW0&list=PLwlGxw-4Ak7gFx6zk752xTvi1d5lhrOle&index=2&t=0s>

Mr. Peace also had an opportunity to talk with some parents in the evening about a super important topic which I highlighted here last week and that is technology and cyberbullying. For those who were unable to attend, here is a link with ALL the information he shared including TONS of resources that parents should be thinking about and using as you're allowing your children access to technology including tablets and computers.

<https://drive.google.com/drive/folders/1wtKCYMTiIEGVHUZ3DMA1LbNlkzNSNSgO>

## Movie Pick

I decided on a movie pick this week to continue with our kindness theme from last week. I watched the Tom Hanks Movie "A Beautiful Day in the Neighborhood" the other night. Fred Rogers was an amazing man whose goal in life was to spread kindness and empathy and to teach children how to handle their emotions. He's a true hero in my book.

