

## January Newsletter

This month's theme is: **Kindness**

A perspective on

*Kindness...*

According to the dictionary ...  
Kindness is defined as “the quality of being friendly, generous, and considerate” -

**But kindness means so much more ...**

Kindness is a movement.

Kind is love; love is kind.

Kindness is grace.

Read more about kindness and how to teach and inspire it in your classroom:

**“Kindness 101”** by Inspire Kindness

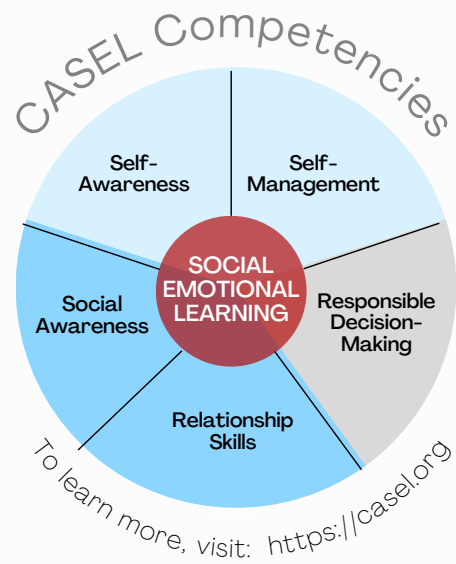


### This month's CASEL focus areas:

Our CASEL focuses this month are “**Social Awareness**” and “**Relationship Skills**.” These competencies focus on the ability to understand the perspectives of and *empathize* with others, including those from diverse backgrounds, cultures, and contexts (CASEL, 2023).

#### **Building a Connected Classroom**

Bruce D. Perry shares insight on brain science behind the power of human connection, interaction, world views and proximity in a way that can be put to use in the learning environment.





## Staff Spotlights:

How are you helping students manage stress? **We pause and then revisit areas of concern on our art.**

How are you helping students pause and take time to reflect on their day / actions? **We have done a couple of breathing pauses.**

How are you helping students prioritize their social, emotional, mental and physical health? **This mostly happens informally through discussion.**

How are you taking time to take care of YOU? **I workout, walk and read to develop my spiritual self.**

**Jeremy Butler** (Webb City High School)



In room 103 we are completing mini service projects to reinforce the idea that it's not through money or age that you can complete a kindness act.

Here's a peek at our week!

**Maddie Jacks** (Webster)



## This month's goals & resources:

Pre-K  
(Elementary)

K - 4th  
(Elementary)

5th - 8th  
(Intermediate)

9th - 12th  
(Secondary)

### MIND

**Week 1** (January 4 - 5)

#### ***Positive Thoughts***

Help your students be more aware of their thoughts and be thankful.

### BODY

**Week 2** (January 8 - 12)

#### ***Connecting your Mind & Body***

Help your students engage in activities that will help them connect their mind and body and replace the negative with more positive thoughts.

### SELF

**Week 3** (January 15 - 19)

#### ***Unique You***

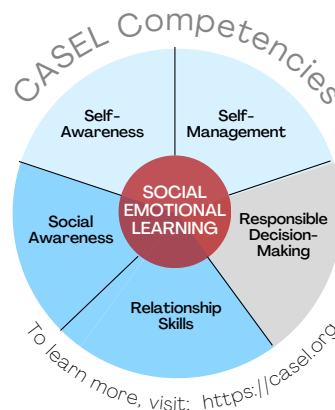
Help your students find what is unique and different about themselves and be willing to open up and share those differences with others.

### RELATIONSHIPS

**Week 4** (January 22 - 26)

#### ***Celebrating Differences in Others***

This is KINDNESS WEEK! Take some time this week to share strategies with your students that help them appreciate the differences in others and find ways to be kind.





## Elementary Resources:

Pre-K - K  
(Elementary)

1st - 4th  
(Elementary)

5th - 8th  
(Intermediate)

9th - 12th  
(Secondary)

BACK



### MIND

**Week 1** (January 4 - 5)

#### **Positive Thoughts**

Help your students be more aware of their thoughts and be thankful.



Morning Affirmations for kids



Catching Thoughts Read Aloud

### BODY

**Week 2** (January 8 - 12)

#### **Connecting Mind & Body**

Help your students engage in activities that will help them connect their mind and body and replace the negative with more positive thoughts.



Pre-K Yoga Exercise Videos



Fun Yoga with Animals

### SELF

**Week 3** (January 15 - 19)

#### **Unique You**

Help your students find what is unique and different about themselves and be willing to open up and share those differences with others.



Discuss what a compliment is and have students practice giving them to each other.



Short Video about differences



10 Powerful Self-Esteem Videos

### RELATIONSHIPS

**Week 4** (January 22 - 26)

#### **Celebrating Differences in Others**

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Family Kindness Note & Activity



36 Pre-K Celebrating Differences ideas

## Participation & Feedback Form

Complete this form to add your name into a drawing for PRIZES from the WCCB!





## Elementary Resources:

Pre-K - K  
(Elementary)

1st - 4th  
(Elementary)

5th - 8th  
(Intermediate)

9th - 12th  
(Secondary)

BACK



### MIND

**Week 1** (January 4 - 5)

#### **Positive Thoughts**

Help your students be more aware of their thoughts and be thankful.



[I Feel Proud](#)



[Positive vs Negative Self Talk Lesson](#)



[Positive Thinking Writing Activity](#)

### BODY

**Week 2** (January 8 - 12)

#### **Connecting Mind & Body**

Help your students engage in activities that will help them connect their mind and body and replace the negative with more positive thoughts.



[Cosmic Kids The Polar Bear A Cosmic Kids Yoga Adventure!](#)



[Fun Yoga with Animals](#)



[Take a fun break with Jingle Bell Rock Body Percussion](#)

### SELF

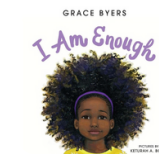
**Week 3** (January 15 - 19)

#### **Unique You**

Help your students find what is unique and different about themselves and be willing to open up and share those differences with others.



[Watch the read aloud "I am Quiet" and complete I am worksheet.](#)



[I am Enough by Grace Byers](#)



[Unique You Activity](#)

### RELATIONSHIPS

**Week 4** (January 22 - 26)

#### **Celebrating Differences in Others**

This is KINDNESS WEEK! Take some time this week to share strategies with your students that help them appreciate the differences in others and find ways to be kind.



[Celebrating Differences - Hand Tracing Activity.](#)



[Kid President - Making a New Friend](#)



[Learn information about new classmates and playing "Like Me" with common interests](#)

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## Intermediate Resources:

Pre-K - K  
(Elementary)

1st - 4th  
(Elementary)

5th - 8th  
(Intermediate)

9th - 12th  
(Secondary)

BACK



### MIND

**Week 1** (January 4 - 5)

#### **Positive Thoughts**

Help your students be more aware of their thoughts and be thankful.



Automatic Negative Thoughts (Video)



Michael Jordan "Failures"  
Commercial (Video)  
+ Worksheet



On & Off Exercise to Destress

### BODY

**Week 2** (January 8 - 12)

#### **Connecting Mind & Body**

Help your students engage in activities that will help them connect their mind and body and replace the negative with more positive thoughts.



Strengthen your Focus!



GoNoodle Compassion Meditation



Sit & Stretch

### SELF

**Week 3** (January 15 - 19)

#### **Unique You**

Help your students find what is unique and different about themselves and be willing to open up and share those differences with others.



Guess Who?



Get to Know You BINGO



Compliment Can Activity

### RELATIONSHIPS

**Week 4** (January 22 - 26)

#### **Celebrating Differences in Others**

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Keeping Friends



25 Ways to Say Hello  
(Have students "buddy up" and practice)



What is Kindness? Teens Respond

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## Secondary Resources:

Pre-K - K  
(Elementary)

1st - 4th  
(Elementary)

5th - 8th  
(Intermediate)

9th - 12th  
(Secondary)

BACK



### MIND

**Week 1** (January 4 - 5)

#### **Positive Thoughts**

Help your students be more aware of their thoughts and be thankful.



Watch the [self talk video](#) and discuss.



[11 Famous Failures that Became Successes](#)



[High Fives All Around](#)

### BODY

**Week 2** (January 8 - 12)

#### **Connecting Mind & Body**

Help your students engage in activities that will help them connect their mind and body and replace the negative with more positive thoughts.



[30 Days of Yoga](#)



[Seated Yoga - Brain Break w/ Movement](#)



[Seated Workout for Teens \(Video\)](#)

### SELF

**Week 3** (January 15 - 19)

#### **Unique You**

Help your students find what is unique and different about themselves and be willing to open up and share those differences with others.



[Color Code Personality Assessment](#)



Discuss [positive affirmations](#) & use sticky notes to write them out and discuss



[Jostens Harbor Video: Differences](#)

### RELATIONSHIPS

**Week 4** (January 22 - 26)

#### **Celebrating Differences in Others**

This is KINDNESS WEEK! Take some time this week to share strategies with your students that help them appreciate the differences in others and find ways to be kind.



[Anti-Bullying Video/Quiz in Canvas](#)



Color a [kindness](#) bookmark and keep it as a reminder or share with someone

## [Participation & Feedback Form](#)

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