

COUNSELING CORNER

Monthly School Newsletter from Lutheran Counseling Services



2023 Kindness Project

Let each of you look not only to his own interests, but also to the interests of others. - Philippians 2:4 (ESV)

Every year our school counseling program aims to support kindness across all our campuses in an effort to reduce bullying and support a kindness focus in our schools. February can be thought of as a month focusing on love as we celebrate Valentine's Day, and also contains National School Counseling Week and National Play Therapy Week (Feb 6-10, 2023). In this light, let's spread kindness and see what a positive impact it can have on ourselves, our schools, homes, community and beyond!



Kindness Stickers

Stickers are on campus to help encourage the spread of kindness!



Kindness Board

Take a stroll around campus and find our Kindness Bulletin Board!



Self-Compassion

Don't pour from an empty cup! Take some time to be kind to yourself :)

SPREADING KINDNESS

Consider Matthew 7:12 (NIV):

"So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets".

Sometimes also called The Golden Rule, reflect on what this means with respect to spreading kindness towards others. Consider also what it means about spreading kindness towards yourself.

This newsletter has many ideas to spread kindness at home, to yourself, in schools, in your community and beyond! School counselors also have resources on campus to support a kindness focus this month.

SPREAD KINDNESS TO YOURSELF AND OTHERS!

Use these ideas to spread kindness this month (and beyond) and come up with more of your own!

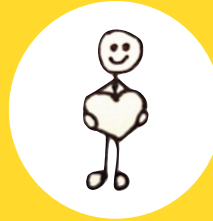
AT SCHOOL



AT HOME



IN SELF



AT CHAPEL



DEVOTIONALS

Have a devotional centered around compassion and kindness

POST-IT NOTES

Write each student's name at the top of a post-it note. As they come into class, instruct them to pick a name and write something kind to that student.

GIVING & RECEIVING COMPLIMENTS

Encourage parents to talk with student on how to appropriately give AND receive compliments

SELF-COMPASSION REMINDER

Give yourself the tenderness and care you need when going through a tough time

SELF-COMPASSION REMINDER

Adopt your emotions with curiosity and openness when experiencing anger, frustration, or sadness

SHARE YOUR STORY

Provide a space for individuals to share how kindness has positively impacted their lives

KINDNESS CHALLENGE

Create a classroom wide kindness challenge to for a day, week, or even a the whole month!
(I.e. Kindness Bingo)

HOW DO YOU WANT TO BE REMEMBERED?

Parents can have this conversation in the car rides to and from school

OPEN & HONEST

Parents & Teachers support meaningful conversations about bullying and healthy ways to advocate for self and others

SELF-COMPASSION REMINDER

Treat yourself as you would treat a friend :)

PRAYER

Pray for a kindness opportunity to come your way

JOURNALING

Take a moment at the start of the day for students to journal about their plans to spread kindness

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- Research demonstrates many positive effects from watching kindness acts. As a class or family, watch [this video](#) about a kindness prank at an airport. Did you see how they also encouraged spreading kindness and paying it forward? After watching the video, do you notice any of the positive effects that the research demonstrated? Do you feel happier, less stressed, inspired? Anything else? As a class or family, what similar project can you do in your home, classroom or community?

- What if kindness is missing? Teachers or parents dealing with bullying at home or in your classroom can watch [our presentation on Bullying Basics](#) on our [YouTube Channel](#) which addresses what bullying is (and isn't), types of bullying, help for bullies and those bullied, and building bridges toward resilience and kindness.

- Images courtesy of [Pexels.com](#)



Kindness

We know that spreading kindness is a good and virtuous act, but what does research say about it? A 2021 study ([Fryburg, D. A., 2021](#)) demonstrated that simply witnessing kindness had a positive neurobiological impact on the viewer that increased generosity, interpersonal connection and the feelings of inclusion. They also noted that it decreased the body's stress response by lowering cortisol, which has been linked to numerous physical and mental health issues such as depression, anxiety and high blood pressure. Viewing kindness acts also increased reports of happiness, calm, gratitude and being inspired.

Initially researched for high-stress workplaces (healthcare settings), these practices can improve the lives of people of all ages in all settings! Want your children or students to feel generous, happy, included, grateful, inspired with reduced risk of mental and physical health issues? Want these benefits for yourself too? Practice kindness acts together and watch the impact this has on kindness givers and receivers!

References:

Fryburg, D. A., (2021). Kindness as a Stress-Reduction-Health Promotion Intervention: A Review of the Psychobiology of Caring. Vol 16, issue 1. Accessible at <https://doi.org/10.1177/1559827620988268>

Students, parents or school staff can sign up online for counseling services at school.

[Sign Up!](#)

Find previous [newsletters](#) here.

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