

## The Travell Counselor's Corner



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[Travell School Counselor Website](#)

### February: Kindness is Everything

This year, **February 11th - 17th** is **International Random Acts of Kindness** week. Here at Travell, we have a variety of activities planned to celebrate this milestone. However, kindness is something that we truly infuse into every single day. In fact, sometimes the grandest act of kindness is one that we may not even be aware we have committed.

With several special occasions also taking place this week, including but not limited to, Super Bowl Sunday, **Valentine's Day** and National Caregivers Day, it seems like a perfect time to revisit the conversation of kindness. Demonstrating sportsmanship, working together as a team, effectively communicating love and care for one another; at the root of it all we will always find the concept of kindness. Although it can be easy to become overwhelmed by the negative news stories and tragic occurrences we are exposed to on a daily basis, it is important to keep our eyes, minds and hearts open to the examples of kindness that are also surrounding us, yet so often overlooked! Kindness can truly be contagious; *especially if we actively do our best to spread it!* Not only can we engage in acts of kindness ourselves, but we can continuously choose to place our energy and attention on the kind actions of others; **big or small!**

I hope that you will visit the links accessible on my website. They include several articles that provide some very interesting data and statistics proving the benefits of kindness, as well as some very uplifting stories. There is even an article from the UK, demonstrating the universal nature of kindness. In addition, you will find a link to the official **Random Acts of Kindness** website that includes a large variety of resources and fun ideas all in one place.

Lastly, this month is a great time to share this reminder to be kind to ourselves! Physically, mentally & emotionally; Are the decisions we make each day demonstrating kindness to our bodies, minds and hearts? If not, now is a great time to get clear on the changes we might be able to make in order to start treating ourselves as we wish to be treated. Revisit the resolutions, goals and intentions we set in January and reflect on the past month. How is it going so far? Have we been too hard on ourselves? Children are always watching us and modeling their behaviors after our own. Let this be another opportunity for us to lead by example that **"kindness is not what you do, but who you are"**. 💕

