

# The Travell Counselor's Corner



*Melissa Miller, Travell School Counselor*

[Travell School Counselor Website](#)

## February: All About Kindness!



This year, February 13th - 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.

I hope that you will take some time to 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 the largest variety of resources and ideas all in one place.

Included below, you will also find a Kindness Book List. It includes a variety of books that range from Pre-K to High School level and address the topic of kindness in many new and unique ways. While we currently have our One School, One Book initiative going on, there is no time limit on kindness! This list of books could last you for months and years to come.

[Kindness Book List](#)

And just for fun, feel free to use the link below for some quick inspiration and positivity whenever you need it most. Or better yet, feel free to share with others as a random act of kindness :)

[Inspiring Kindness Quotes](#)

***“Kindness is not what you do, but who you are”***