



OPEN MIND

• • • *Guidance Newsletter* • • •

This month we celebrated:

KINDNESS



Kindness involves having a deep concern for the welfare of others. Empathy, compassion, gratitude, and generosity are all the marks of a kind person.

Demonstrating kindness includes being willing to inconvenience yourself for the benefits of others.

Caring for the needs and feelings of others by giving our energy and time is a critical ingredient in becoming a person of character.

Quotes and Bible Scriptures About Kindness

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” - Ephesians 4:32

“So then, as we have the opportunity, let us do good to everyone, especially those of the household of faith.” -Galatians 6:10

“I’ve Learned That People Will Forget What You Said, People Will Forget What You Did, But People Will Never Forget How You Made Them Feel.” - Maya Angelou

“Don’t Judge Each Day By The Harvest You Reap But By The Seeds That You Plant.” - Robert Louis Stevenson

“A Single Act Of Kindness Throws Out Roots In All Directions, And The Roots Spring Up And Make New Trees.”- Amelia Earhart

October Celebrations and Awareness Days

ADHD Awareness Month
National Depression and Mental Health
Screening Month
Health Literacy Month
Bullying Prevention Month

7 Fall is Here Celebration

10-13 Scholastic Book Fair

21 Field Day

24 Teacher Planning Day
Preschool P-T Conferences

28 Report Cards - Q1 (K-8th Grade)
31 Harvest Day Celebration

Open Mind September Lessons

Preschool



Each week we brought awareness to different sensorial activities such as body massage and bee breaths. We also explored the concept of kindness through songs, book readings and reviewing examples of kindness from the characters in the story.

Kinder - Second Grade

Created a kindness chain compromising on practicing acts of kindness. They also explored mindfulness by pausing and checking in with their senses to help us be present in the moment.



Third - Fifth Grade

Students were able to identify how kindness vs. unkindness feels to them. They practiced sending kind wishes to themselves, others, and their school/community. Students also created norms for teamwork and practiced completing a task in teams.



Middle School

Students explored "changing the channel" to more pleasant experiences by practicing sending kind thoughts to someone else. They also learned about building relationships and discussed the differences between online friendships and real-life relationships.



Kindness Books

Preschool - Kindergarten

- All in a Day by Cynthia Rylant
- Be a Friend by Salina Yoon
- Beautiful Hands by K. Ootshi and B. Baumgarten
- Because Amelia Smiled (David Ezra Stein
- Kindness Is Cooler, Mrs. Ruler by Margery Cuyler
- How to Heal a Broken Wing by Bob Graham

Elementary

- Each Kindness by Jacqueline Woodson
- The Kindness Quilt by Nancy Elizabeth Wallace
- The Golden Rule by Ilene Cooper
- The Three Questions by Jon Muth
- What Does It Mean to Be Kind? by Rana DiOrio

Middle Grades

- Paperboy by Vince Vawter
- All Alone in the Universe by Lynne Rae Perkins
- Wolf Hollow by Lauren Wolk
- Confessions of a Former Bully by Trudy Ludwig