

Mrs. DiMauro's

COUNSELING NEWSLETTER

JANUARY & FEBRUARY 2022

Com-pas-sion [kuhm-pash-uhn]

noun : a feeling of deep sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.



KINDNESS & COMPASSION!

Practice Compassion!

People can display compassion for others in a variety of different ways. Children can better understand this character attribute when they have an understanding of what compassionate actions look like and sound like. Here are some actions and words you can discuss with your child to help get you started.

What Compassionate People Say:

- "You look upset."
- "I understand how you feel."
- "I'm sad that you got hurt."
- "That happened to me once too."
- "I'm sorry that happened to you."
- "What can I do to help you?"

What Compassionate People Do:

- Notice when people are hurting and try to help
- Feel sad when they see someone crying or hurt
- If someone is struggling, they feel sad for them
- They talk nicely to others who are in pain
- Encourage others to practice compassion
- Volunteer their resources or time to charity
- Try to help others in need

Celebrate & Remember
Dr. Martin Luther King, Jr.



Parent Ideas for Character Connection

**Show Kindness and Compassion on
Dr. Martin Luther King, Jr. Day
A Day of Service**

- Volunteer at a food bank, humane society, or homeless shelter.
- Look for three ways to show compassion.
- Clean out some closets at home and donate clothing to those in need.
- Hold a garage sale and donate all proceeds to a charitable organization.
- Show respect for all living things; plant a tree, pick up trash outside, and recycle to show compassion for mother earth!
- If you see something saddening on the news share your feelings about it, show your understanding of the feelings of others and model compassion for your children.

**AFRICAN
AMERICAN
HISTORY MONTH**

Celebrate Dr. Martin Luther King, Jr., and upcoming African American History Month with these stories:

Princess of the Press: The Story of Ida B. Wells-Barnett (Ages 7+)

I, Dred Scott: Fictional Slave Narrative Based on the Life of Dred Scott (Ages 10+)

Resources for Learning and Informative Websites:

Dr. Martin Luther King Jr., "I Have a Dream" Speech, full video you-tube: <https://youtu.be/vP4iY1TtS3s>

Today In African American History: http://www.africa.upenn.edu/K-12/Today_B_History.html

African American History Month, Interesting Facts about Famous African Americans: <http://www.ibtimes.com/black-history-month-2016-15-interesting-facts-about-famous-african-americans-february-2284855>

African American History Month: <https://africanamericanhistorymonth.gov/for-teachers/>