Counselor's Corner - Mrs. Miller September 2021 - Smoketree Elementary



- 1. Post positive notes around your community.
- 2. Randomly pick a small business/lesser known author to leave a review for.
- 3. Choose a friend and celebrate them.
- 4. Give compliments to the people you interact with.
- 5. Tip extra or put your loose change in tip jars.
- Use sidewalk chalk to write out positive messages.
- 7. Send letters with tons of stickers to the kids in your life.
- 8. Buy a gift for a child in foster care.

- 9. Leave change in vending machines.
- 10. Connect a charity to your Amazon account.
- 11. See if your local shelters have Amazon wishlists so you can send essentials.
- 12. Pay for the person in line behind you.
- 13. Collect litter that you see on the ground when you're out.
- 14. Leave food out for the birds or wildlife in your area.
- 15. Make a meal for someone who might need one.

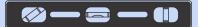
Our society today has so many things taking place outside our control. This can create feelings of anxiety or tension, causing one to feel stressed or with a sense of helplessness.

One way to feel empowered, while also making someone's day a little brighter, is to do random acts of kindness. We could all use a little blessing throughout the day as many people are struggling with challenges beyond their control.

Random acts of kindness not only bless another person, but often blesses the giver too. What a great thing to model for our children - remember, our kids are watching us adults so let's show them how to take care of one another, even perfect strangers. Give it a try - I bet it puts a smile on someone's face and that someone just might be YOU!

I teach the students the Empathy Tool - "I care for myself and I care for others."

This tool is represented by a level to show how to balance out taking care of ourselves but also taking care of others - even when others don't ask us to.



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