

# Counselor's Corner - Mrs. Miller

## September 2021 - Smoketree Elementary

### ← Random Acts of Kindness Ideas

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**.
6. 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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