

# Counselor's Corner

Miss Martin, Oro Grande Classical Academy  
September 2022

## Upcoming Events

Labor Day  
Monday, Sept. 5th  
No School

Picture Day  
Wed., August 31st

Book Fair  
M-F, Sept. 19th-23rd

Early Release is on  
Thursdays at 1 p.m.

## Reminders

The best way to contact me is via email:  
[Susan.Martin@lhusd.org](mailto:Susan.Martin@lhusd.org)

You can reach me by phone by calling the Oro Grande Office at 928-505-6080 and asking for extension 3616.

## Kindness

As we move into the month of September, it's a great time to intentionally think about showing kindness to others. It's easy to talk about kindness, but sometimes harder to remember to show it.

Kindness goes hand in hand with friendship, one of OGCA's virtues. Often times elementary students want to make friends. We can help students understand how kindness is related to making and keeping friends. Kind actions usually bring about kindness in others evolving into friend relationships.

Check out the pages that follow for ideas about showing kindness to others.

Mrs. Rangel will be leading a KC (Kindness and Compassion) Club at Oro Grande again this year. Look for more information soon!



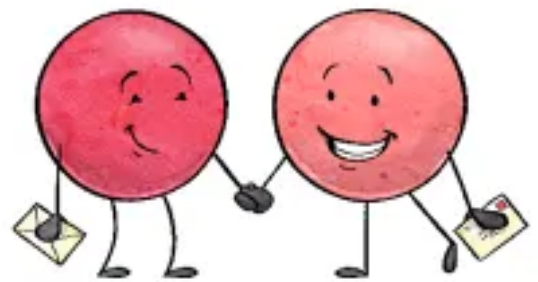
# 7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of our comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

**make  
kindness  
the norm.**

#WorldKindnessDay  
#MakeKindnessTheNorm  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

# 12 Ways to Show Kindness



© Pathway 2 Success  
www.thepathway2success.com

**Just listen to a friend**



**Write someone a kind note**



**Invite someone to join you**



**Forgive someone for a mistake**



**Let someone else go first**



**Give someone a high-five**

**Work with someone new**



**Help clean up**



**Help someone having a tough day**



**Hold the door open for others**



**Do an extra chore**



**Spend time with a friend**

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