



The Counselor Connection

FEBRUARY 2021

This month's character trait: KINDNESS

So What is It?

Kindness is the quality of being friendly, generous, and compassionate.

Why is it Important?

It is important to be kind because it makes the world a better place. Being kind feels good to the recipient AND the giver. You never know what someone else might be going through, so be the person who makes their day a little bit brighter!

How can you Show Kindness?

- Hold the door open for someone
- Write a kind note to a friend or family member
- Listen to and obey your adult(s)
- Allow someone else to go first

- Encourage a friend who might be having trouble doing something
- Bake a dessert for your neighbor
- Make a get-well card for someone who isn't feeling well
- Donate clothing or toys that you've outgrown to a shelter
- Help to cook dinner
- Tell someone how much you love them
- Listen to someone and show empathy if he/she is having a bad day
- Help a younger sibling with their homework
- Say three positive things about yourself – yes, you can (and should) be kind to yourself, too!

February at a Glance

2/8-2/12 – Career Week

2/15 – President's Day
NO SCHOOL



We're here to help!



O: 407-513-3699
rpinkman@flvs.net
Serving counties
Alachua through
Hardee, alphabetically,
plus Hillsborough.



O: 407-513-3613
nminger@flvs.net
Serving counties
Hendry through
Orange, alphabetically,
except Hillsborough.

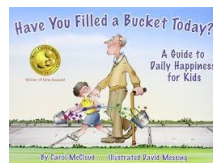


O: 407-513-3524
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Osceola through
Washington,
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Florida Virtual School

No act of kindness,
no matter how small,
is ever wasted.
- Aesop

Check out these books!

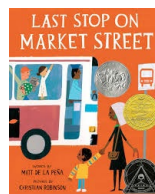


Have You Filled a
Bucket Today?

By: Carol McCloud

Last Stop on Market
Street

By: Matt de La Pena



Ugly

By: Robert Hoge

CAREER WEEK

MONDAY

Draw a picture or write a poem about your future career. Email it to one of us and see if you're selected to be featured on our counseling webpage!

TUESDAY

Wear a college t-shirt OR dress as your future career for class time

WEDNESDAY

Read Aloud Day – Join your counselors for a fun story at 2:30 (Click [here](#))

THURSDAY

Career presentations – Check [here](#) for a list of scheduled presentations

FRIDAY

Missed the live presentations? Catch up on them [here!](#)

FLEX Elementary

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