



# 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!



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[rpinkman@flvs.net](mailto:rpinkman@flvs.net)  
Serving counties  
Alachua through  
Hardee, alphabetically,  
plus Hillsborough.



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Serving counties  
Hendry through  
Orange, alphabetically,  
except Hillsborough.

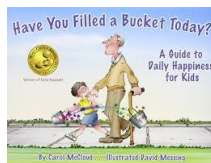


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Osceola through  
Washington,  
alphabetically.

Florida Virtual School

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

### Check out these books!

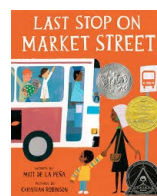


Have You Filled a  
Bucket Today?

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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