

JANUARY
2021

Counseling Corner

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Supports and Links

[The Great Kindness Challenge Check List](#)

[Kindergarten Kindness Checklist](#)

[Counselor Check-In Form](#)

[Community Resources](#)

[Free Mental Health Concierge](#)



During the week of January 25-29th we celebrate the Great Kindness Challenge. At the heart of The Great Kindness Challenge is the simple belief that kindness is strength. We also believe that as an action is repeated, a habit is formed. With the Great Kindness Challenge checklist in hand, students have the opportunity to repeat kind act after kind act. As kindness becomes a habit, peace becomes possible. The Great Kindness Challenge is a grassroots movement that is making our schools, communities, and world a kinder and more compassionate place for all. Working together, we joyfully prove that KINDNESS MATTERS!

MLK Jr.

THE TIME
IS ALWAYS
RIGHT TO
DO WHAT
IS RIGHT.

~ Martin Luther King, Jr.

In the month of January, we honor and celebrate Martin Luther King, Jr. Day, which falls on January 18th this year. Martin Luther King, Jr. was a civil rights leader who was integral in promoting peace, tolerance, and justice for all. His powerful oration throughout the 1960s helped lead to the passage of the Civil Rights Act of 1964, prohibiting segregation and discrimination.

In the spirit of the Great Kindness Challenge, let us continue to learn from Dr. King who said, "Life's most persistent and urgent question is: What are you doing for others?"

Coping Skill of the Month - Kindness

In recognition of the Great Kindness Challenge, this month's coping tool is kindness. More specifically, kindness to yourself. We often find ourselves engaging in negative, shame-based self-talk when we experience strong emotions. Instead, speak to yourself as you would to a friend - with loving, gentle kindness. Click the following to find a list of kind statements you can use in moments of struggle. [Kind Affirmations](#)

