

Counseling Corner



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Supports and Links

[The Great Kindness Challenge Check List](#)

[Kindergarten & 1st Grade Kindness Checklist](#)

[Kindness Virtual Room](#)
[Counselor Check-In Form](#)

[Family Edition Great Kindness Challenge Check List](#)

[Crisis and Helpline Resources](#)

[Free Mental Health Concierge](#)



The Great Kindness Challenge
Choose Kind.

The week of January 24th - 28th, will be our 7th year participating in The Great Kindness Challenge. At the heart of The Great Kindness Challenge is the simple belief that kindness is strength. We also believe when an action is repeated, a habit is formed. Using the Great Kindness Challenge checklist as a compass, 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! We cannot wait to celebrate a week of intentional kindness activities & spirit with our Monarch families and our community. Take a peek at the checklists to the left (QR code on checklist for an app checklist). <https://thegreatkindnesschallenge.com>

Martin Luther King Jr.

In the month of January, we honor and celebrate Martin Luther King, Jr. Day, which falls on January 17th 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?"

**THE TIME
IS ALWAYS
RIGHT TO
DO WHAT
IS RIGHT.**

~ Martin Luther King, Jr.

Coping Skill of the Month "Positive Affirmations"

In recognition of the Great Kindness Challenge, this month's coping tool is positive affirmations. More specifically, kind self-talk. 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 link below to find a list of kind statements you can use in moments of struggle.

[Kind Affirmations](#)

