

# Counseling Connection February

## Warrior Word Kindness

Showing others they are valued  
by how you treat them.

“Be kind to one another,  
tenderhearted, forgiving one another,  
as God in Christ forgave you.”  
Ephesians 4:32

Kindness is a word that we hear and use a lot,  
but I LOVE this definition of kindness- “Showing  
others they are valued by how you treat them.”  
What a great way to think about kindness. Are  
you thinking about how you value others by the  
way you are treating them? Encourage your  
kids to think about this when talking about  
kindness. Also, the best way for our kids to learn  
kindness is for us to model kindness for them. I  
highly encourage you to listen to the podcast  
below.

## Counseling Focus

Classroom guidance lessons topics:

- PreK- Understanding Feelings
- Kindergarten- Coping Skills
- 1st- Choices & Consequences
- 2nd- Using I-Messages for Conflict Resolution
- 3rd- Types of Conflict
- 4th- Executive Functioning- Planning & Self  
Control
- 5th- What is worry? How can we deal with  
worry?
- 6th- Character Traits of God; Growing in Godly  
Character

Be sure to ask your child what we are  
discussing during counseling lessons.  
A lot of the skills we are working on  
can be practiced at home too! These  
are life lessons that will hopefully  
make a positive impact into the  
future!

## Parent Resources

\*\*Click on the links below to view the resources.

Book Recommendations:

[Shepherding a Child's Heart by Tedd Tripp](#)

Parenting Article:

[Teaching Our Kids to Be Loving and Kind](#)

Podcast:

[Parenting with Kindness](#)