



COUNSELOR'S CORNER

NOVEMBER 2021

Fort Belvoir Primary & Upper Schools



★ THANK YOU ★ VETERANS

HONORING ALL WHO SERVED

Military Family Appreciation Month



Parent Tip

When you feel empathy for someone, compassion is a good way to show it. You can show you care by saying or doing something kind. Help your child notice when someone else could use some help or a kind word. Examples: Your father has a lot of dishes to do after dinner. Do you think he could use some help? Example: It sure looks like Mrs. Simmons could use some help picking up trash. Could you do that?

Compassi[♥]on



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CHARACTER EDUCATION WORD OF THE MONTH

Compassion is how we care about others. I can show **compassion** by being considerate of others.

CLASSROOM LESSONS

Students will be introduced to the concept of compassion through books with compassion themes.

ASCA Standards Alignment:

- Mindset: Sense of belonging in school environment
- Behavior: Social Skills: Create positive and supportive relationships with other students
- Behavior: Social Skills: Demonstrate compassion

FAMILY ACTIVITY IDEA

Try going on a nature walk together as a family. You can search for wildlife or plants. You can collect colorful leaves and create leaf art. Learn about colors, textures and shapes.



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"We rise by lifting others." ~ Robert Ingersoll

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