



COUNSELOR'S CORNER

MARCH 2022

Fort Belvoir Primary & Upper Schools



Virtual Parent Coffee



THE ZONES OF REGULATION™

an overview for parents



FRIDAY, MARCH 18, 2022 AT 9:30AM

KINDNESS WEEK

March 14-18



MONDAY

United We Stand for Kindness:
Wear Red, white and blue.

TUESDAY



Dream of Kindness:
Wear your pajamas.

THURSDAY



Dress like it is your job to be kind
Wear the clothes of your future career.

FRIDAY

Show your Dolphin Pride:
Wear silver and blue or PTO Spirit Shirt.



WEDNESDAY

Workout Your Problems
with Kindness: **Wear workout clothes.**



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CHARACTER EDUCATION WORD OF THE MONTH

Kindness is being caring, compassionate, loving, and considerate. A person shows concern for the feelings of others and is helpful and generous.

I am **kind** when I do a good deed without thought of reward.

CLASSROOM LESSONS

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

VIRTUAL PARENT COFFEE FRI. MARCH 18TH - 9:30AM

Join us for an overview of the Zones of Regulation. We will share strategies families can use to help identify, manage and regulate emotions. The link to join this event is coming soon.

COUNSELING STAFF

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Parent Tip

Simple Steps To Teach Kindness

Speak with respect

Listen carefully

Help others

Gratitude journal

Ask nicely

Model kindness

Apologize with grace



In a world where you can be anything, be kind.

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