

"Taking Care" A Mental Health & Wellness Monthly Newsletter

Prepared by: GSSD School Counsellors

The month of November is
dedicated to:

Kindness



"Ah, kindness. What a simple way to tell another struggling soul that there is love to be found in this world."

For Staff:

- Kindness in the classroom bulletin board. Take a picture of your kindness board and share it on your school's social media outlet, make sure to tag @GSSD204 !

For Parents/Caregivers:

- [Kindness at Home](#) (Activities)
- [31 Kindness Activities](#)

Grades K-3

- [Free Kindness Worksheets](#)
- [Online Book - A Little Spot of Kindness](#) (4 min.)
- [Online Book - Milka Scribble Stones](#) (10 min.)
- [Online Book - The Kindness Snippet Jar](#) (5 min.)
- [Random Acts of Kindness](#) (K-Gr. 5)

Grades 4-7

- [Scribble Stone Project](#) (Share your stones on social media & tag @GSSD204)
- [Random Acts of Kindness](#) (K-Gr. 5)

Grades 8-9

- [Random Acts of Kindness](#) (Gr. 6-8)

Grades 10-12

- [Random Acts of Kindness](#) (Gr. 10-12)



SHARE YOUR ACTIVITIES THAT SHOWCASE KINDNESS!



#GSSDTAKINGCARE

