

GSSD COUNSELLORS PRESENT:

Taking Care

A MENTAL HEALTH & WELLNESS
MONTHLY NEWSLETTER

The Month of December is dedicated to:
Generosity!

"Happiness doesn't result from what we get,
but from what we give."

~ Ben Carson

For Staff

- [10 Easy Service Projects for School](#) (Article/ideas)
- [10 Ways to Foster Generosity in Your Students](#) (Article)
- [40 Kindness Activities & Empathy Worksheets for Students & Adults](#)



Grades 8-9

- [Community Service Ideas for Middle School Students](#)
- [Street Compliments](#) (3:30 Min. Video)
- [The Science of Kindness](#) (2:15 Min. Video)
- [How You Treat People is Who You Are!](#) (4 Min. Video)

For Parents

- [Help Your Children Give To Others](#) (Article)

Grades K-3

- [Teaching Kids About Generosity](#) (Activities)
- [Teaching Kids to be Generous](#) (6 Min. Video)
- [Giving is Better - A Little Arrow Story](#) (7 Min. Video)
- [24 Christmas Kindness Activities to Raise Kinder Kids This December](#) (Ideas for home and in the classroom)

Grades 4-7

- [Why Be Kind](#) (3 Min. Video)
- [24 Christmas Kindness Activities to Raise Kinder Kids This December](#) (Ideas for home and in the classroom)
- [25 Random Acts of Christmas Kindness](#) (Ideas for home and in the classroom)

Grades 10-12

- [Generosity for Teens](#) (3 Min. Video) - Talking points and discussion questions
- [Kids With Character: Generosity](#) (3:30 Min. Video)
- [10 Acts of Generosity - Ideas to Help You Become a More Generous Human](#) (Article)

SHARE YOUR ACTIVITIES THAT SHOWCASE GENEROSITY!



#GSSDTAKINGCARE

