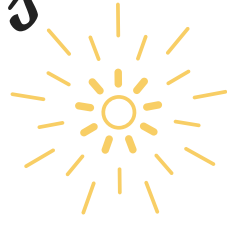


# "Taking Care" A Mental Health & Wellness Monthly Newsletter

Prepared by: GSSD School Counsellors



This month is dedicated to:

## GENEROSITY

"Being generous of spirit is a wonderful gift to give others and ourselves"

### For You:

- Learning to Ask for Help & 5 Practices of Self-Generosity
- Return on Generosity Podcast
- Generosity Meditation



### For Students:

#### K-Gr. 3

- Random Act of Kindness
- Books for Teaching Generosity & Sharing
- Giving is Better
- George the Generous Giraffe

#### Gr. 8-9

- Gratitude Activities for the Classroom
- Gratitude Worksheet
- Guided Meditation for Gratitude

#### Gr. 10-12

- 40 Kindness Activities & Empathy Worksheets for Students and Adults
- Introducing Generosity
- Ideas for Kindness

#### Gr. 4-7

- 10 Ways to Foster Generosity in Your Students
- 9 Tips for Teaching Kindness in the Classroom
- The Science of Giving
- Teach Giving to Inspire Community
- How Good Spreads with Kid President
- Kids with Character
- The Present

### For Families:

- Learning to Ask for Help
- The Generous Parent
- Raising a Child of Character

