

# Counselor's Corner



Presbyterian Christian School Elementary | February 2026

## KINDNESS

Welcome to this month's Counselor's Corner! This month, our school family is focusing on kindness. Kindness in elementary school looks like intentional actions of empathy, inclusion, and generosity, such as inviting a lonely peer to play, sharing materials, helping a classmate with schoolwork, or using encouraging words. It is a daily, proactive choice to foster a supportive community by practicing the "T.H.I.N.K." (True, Helpful, Inspiring, Necessary, Kind) rule.

### ACTIONS OF KINDNESS IN SCHOOL

- Welcoming Others: Inviting someone new to sit with you at lunch or including them in recess games.
- Helping Hands: Offering to hold the door, helping a classmate clean up, or assisting with a difficult question.
- Words of Encouragement: Congratulating peers, sharing compliments, and using polite, thoughtful language.
- Empathy in Action: Listening to a friend who is feeling sad and offering comfort.

## HIGHLIGHT OF THE MONTH

### THE BENEFITS OF KINDNESS

Kindness produces many beneficial effects for the body, mind, and spirit. Did you know there are scientifically proven benefits of being kind?

*Science Backed Benefits of Spreading Kindness:*

**Releases "Feel Good" Hormones**



**Eases Anxiety**



**Reduces Stress**



**Can Help You Live Longer**



**Can Prevent Illnesses**



**Good for Your Heart**

## RESOURCES

### TIPS FOR PARENTS/GUARDIANS:

- Complete a Kindness Challenge with your family - Click [HERE](#)
- How to be a Kindness Role Model for your kids: Click [HERE](#)
- 7 Random Acts of Kindness for Kids - Click [HERE](#)



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