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WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD. NEWSLETTER

November | 2023

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THE HOLIDAYS ARE HERE!

The month of November officially kicks off the Holiday Season. This time of year is highlighted with parties, social gatherings, family events and school activities. While this is meant to be a joyful time packed with lasting memories, the hustle and bustle can be stressful. It can also make it hard to stick to your healthy lifestyle and wellness goals. The holiday stress can affect youth as well and favorite traditions can turn into a test of everyone's patience. Try to not get overwhelmed by using [these tips](#) to help keep stress to a minimum and joy to the maximum! Have a happy and safe start to your holiday season!



NOVEMBER 13TH IS WORLD KINDNESS DAY!

World Kindness Day is an international holiday that was formed in 1998, to promote kindness throughout the world. It is observed annually on November 13 as part of the World Kindness Movement. It is a day devoted to the positive potential of both large and small acts of kindness, as well as promoting and highlighting acts of kindness from around the world.



ACTIVITY CORNER!

Going on a road trip this month to visit friends or family? Try these car ride games!

- Give kids an old-fashioned paper map to follow your route. (Rest areas often offer them for free.)
- Play "I see something..." ("I see something blue, and it begins with the letter 's.'")
- Play the license plate game and see how many states you can spot.
- Play the alphabet game where you take turns coming up with a name, location and item for each letter: "My name is Anna. I come from Alaska, and I'm bringing apples on this road trip!"
- Make up a family trivia game ("Which family member's first word was "ball"? "Who in this car is a brother, a cousin, and an uncle?"")



RANDOM ACTS OF KINDNESS



Donate food,
toys & books



Bring hot cocoa
to a friend



Smile at everyone
you come across



Give a secret gift
to someone



Give out free hugs



Call your
grandparents



Pick up trash



Volunteer



Send a handwritten
note or text message



Walk a dog



Put positive sticky
notes on mirrors



Hold a
door open



Send anonymous
flowers



Babysit



Say please &
thank you



Plant a tree



Say hello



Pass out
balloons



CREATE A CULTURE OF KINDNESS WITH A BOOK PROJECT!

Student Treasures allows people to publish a Kindness book for FREE! It's easy and perfect for grades PreK-6. Promote kindness in your class, motivate your students to do their best work, build upon their reading and writing skills and create a treasured keepsake. The kit allows teachers to infuse their kindness lesson plan with hands-on fun and guides students through the writing process. To order your free kit, visit [Student Treasures Publishing](https://www.studenttreasures.com) today!



SHARE YOUR ACTS OF KINDNESS!

Acts of kindness are simple ways to make someone's day better and spread happiness in the world. November is a great opportunity to do just that. We'd love to hear what you, your family, your students, or your community did as an act of kindness in November. Tag the [Center on Facebook](https://www.facebook.com/centerforprevention) or submit your story to [Tamara](mailto:tamara@centerforprevention.org) to be featured in our next newsletter!



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COMMENTS & QUESTIONS: EMAIL TAMARA@CENTERFORPREVENTION.ORG