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Number of years teaching: 3rd Year Grade or subject taught: \_School Counselor KG-5th  
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### Katherine Carney

- On a separate page(s) with the name of the applicant on each page, please briefly:
- Describe the precipitating events that motivated you to initiate these lessons or activities.
  - Describe the lesson(s) or activity(s); and if adapted from another source please reference.
  - Explain how the lesson(s) or activity(s) teach students the importance of respecting others no matter what religious, racial, cultural, or other differences exist.
  - Explain how it helped them counter bigotry and bullying and prepared them to stand up for justice.
  - Please provide evidence/proof of effectiveness such as but not limited to: a questionnaire, interviews, documented anecdotal conversations and/or observations, student writings, and etc.

This is my third year serving as the school counselor at Mike Davis Elementary. Mike Davis Elementary (MDE) is a Title I elementary school located in Naples, Florida, where we work to empower and inspire MDE Stars for a lifetime of learning, leadership, and success. A little background on our school--we are the home of the stars since 2008, a proud Positive Behavior Intervention Support Gold Level Model School, 73% of students have a home language other than English and 93.3% are classified as economically needy. Together our students, families, and community bring a rich culture, vast diversity, and caring hearts that make our school so special. Being a school counselor is more than just a career; for me, it is a calling and a true passion. Part of my role as a school counselor is to support students in their academic success, to help students develop necessary life skills, to assist students in building positive self-images, and to guide students on a path of life-long success. Social emotional learning is crucial for the development of young minds. Social emotional learning provides a strong foundation for students to understand emotions, build positive relationships with others, achieve goals, and show empathy for others. The theme of National School Counseling Week this year was "School Counselors: Helping Build Better Humans." This theme truly speaks to my personal mission as a school counselor as I work to evoke positive change, encourage students to reach their fullest potential, and prepare students for life's situations and decision making. My comprehensive school counseling program allows students to receive social emotional learning through classroom guidance lessons, small group, and individual counseling. Each month, I focus on our district character traits of the month. February's focus is Kindness, which also happens to be National Kindness Month. Although kindness is part of our everyday vocabulary at Mike Davis

Elementary, I took this opportunity to truly embed kindness not only in our curriculum, but also part of our school culture.

**The Initiative:**

“The Great MDE Kindness Challenge” began February 3<sup>rd</sup> at Mike Davis Elementary. The challenge is a school-wide month long event that includes educating students about kindness, creating a school-wide goal, and facilitating a little competition between classrooms. In the main lobby, there is a visual that enables students to see our goal and progress. This visual, called the “kindness goal thermometer”, allows students to see advancements toward the goal of 200 acts of kindness! Each classroom received a poster allowing classes to track how many acts of kindness they complete weekly throughout the month of February. These posters are displayed in front of every classroom at MDE. Teachers are instructed to complete acts of kindness with their students and place tally marks on the posters to represent acts of kindness. I prepared a Random Acts of Kindness Bulletin Board in our staff Mailroom for teachers to be inspired and take ready-made “random acts of kindness” to do with their classes. Some examples of the random acts of kindness include: “Write thank you notes to the school custodians, clean up trash that’s not yours in the cafeteria, and play with someone new at recess today.” Teachers and their classes have been excitingly completing the acts and posting them on twitter. Students stop me in the hallways often to express their excitement regarding the kindness acts they did that day! I often teach students that kindness resembles a ripple. It may start with one small act; however, it then spreads like a ripple—one kind act leading to another.

Kindness, tolerance, and acceptance messages are spread throughout the entire school. I created a vinyl banner, “Be the I in Kind.” This serves as a tool to let students know that they have a personal responsibility to be kind whether it be at home, in the classroom, on the playground, or in their communities. Students can physically stand in front of the Banner to serve as the letter, “I” in Kind. This simple banner displays a beautiful message and has been a great photo opportunity for teachers, students, and community members to show their pride in kindness. Along with the banner, the MDE Spirit Club that I advise decided to create over 20 inspirational posters to brighten students’ days, give a positive message to the school, and motivate others to do the same. Spirit club members displayed them proudly throughout the school. The kindness message has also been integrated into our school-news channel. I researched kindness quotes for each school day in February for our student-anchors to share with the entire school. This promotes classroom discussion. I have also coordinated a “Mystery Kindness Reader” to be featured on the school news three times throughout the month. I have filmed three staff members reading kindness-themed books for our students to listen to after the news. Our Friendship Ambassadors have been taking their role very seriously this year as they continue to monitor our school’s “buddy benches” at recess to ensure everyone has a friend to play with. Furthermore, Friendship Ambassadors and two second grade classes gathered to promote the kindness message by creating kind chalk messages throughout the school. The entrance of MDE was covered with kind messages such as “shine bright,” “be brave,” and “you are smart.” These messages put a smile on everyone’s face and served as a reminder to be our best selves as we enter the school. Words have such a strong impact on young, growing minds. Shaping these thoughts for our students can have a lasting impact on development. These quotes, phrases, and books expose students to a variety of messages that

instill a sense of belonging and self-confidence to our students as well as promote kindness among our school community at Mike Davis Elementary. These messages will help increase students' feeling of self-confidence and self-worth and encourage students to choose kindness every day.

Kindness doesn't stop at school. I sent home a family checklist from the [greatkindnesschallenge.org](http://greatkindnesschallenge.org) to encourage families to complete acts of kindness together (and bring them closer together as a family)...I also let families know what activities we will be doing for kindness month to help start the conversation at home.

#### **"Counselor's Corner**

*A note from your School Counselor*

February is National Kindness Month! At school, we will be celebrating by having classroom lessons about kindness, a kindness challenge, and other activities to promote kindness school-wide at MDE. Research has proven that there are many impressive benefits to teaching kindness to our students. Kindness helps our children become happy and caring, have enhanced feelings of gratitude, greater self-esteem, a greater sense of belonging, better concentration, improved health, and less stress! When used consistently, kindness is a powerful tool for nurturing the well-being of everyone in a school. Help us foster a culture of kindness by practicing it at home! The Great Kindness Challenge Checklist has been sent home to all MDE families. See how many your family can do this month!

-Miss Carney"

I am also in the process of conducting Classroom Guidance Lessons to all classes with the topic of kindness. I brainstorm kindness acts with the students, discuss the importance of kindness, and allow students to have the opportunity to share about times where they were kind or the recipient of a kind gesture. Using the book, *Powerful You* by fellow CCPS school counselor, Julie Frizzi, as a resource, I teach lessons that promote kindness, acceptance, and friendship. Lessons include kindness strategies, self-esteem, loving yourself, and learning not to "judge" others. For students in grades Kindergarten through second grade, I focus on kindness strategies such as using "Kind Hands, Kind Feet, and Kind Words" as well as loving oneself and being proud of who you are- after all, acceptance starts with loving oneself. For students in grades third through fifth, I focus on how students can bring kindness to everyone including those who have been hurtful or unkind. Kindness can help those that are struggling. After all, smiling is contagious! Responding to unkind words in school with a mean-spirited attitude only elicits more negativity. Kindness opens the doors to effective communication, appropriate behavior response, and the formation of friendships.

We also have a discussion about judgment. It is never too early to start teaching tolerance. In the book *Powerful You*, the story "Prejudged Jamal" conveys a situation in which a student refused to sit next to Jamal due to the color of his skin. This story evoked a conversation about acceptance and diversity as well as historical events such as MLK Jr's impactful speech and the Civil Right Movement. Learning about these events as well as the concept of acceptance allows students to have a greater understanding and awareness of cultural diversity. Tolerance means respecting others despite their differences and appreciating the knowledge, beliefs, and traditions of all types of people. We also discuss how we can help and spread kindness to those who may be different than us including homeless and the

disabled. We discussed how boring life would be if we all looked, dressed, and acted the exact same! At MDE, we celebrate our differences. During these classroom guidance lessons, I pass out kindness checklists for students from the Greatkindnesschallenge.org. Students use this resource for ideas of how they can contribute to being kind. We brainstorm together ways that students can bring kindness to all students, staff, and their community.

I also run a variety of student small group counseling. One of my favorite groups is called the Girl's Group which teaches girls to feel confident in themselves, learn friendship strategies, and how to be the best student they can be. One of my lessons allows students to learn the effects of gossip and rumors as well as how to stop drama. "How is gossip like glitter?" This lesson is favored because it leaves a lasting impact by resonating with the students. Glitter seems to attract people, is shiny, and stands out; however, it ends up becoming a big mess to clean up and never ends up being the same amount from when it started. The goal of this lesson is to transform mindsets about gossiping and improve behavior.

At the end of each month, students are recognized for being the student of the month. Students receive a trophy and certificate and are recognized on stage in front of their peers and families. On February 27<sup>th</sup>, students will be selected as Students of the Month for Kindness. Students are working hard to be recognized for the kindness award. Our Music teacher is also planning on having some students perform an inspiring song about kindness at this ceremony.

It is only the second week of this initiative and the amounts of kind acts that have been performed by our students has been overwhelming! Students have been nicer to one another, receiving more Positive Referrals from the office (174 this semester alone and 574 in total!!) school moral has been more positive, and kindness is truly becoming the norm and a part of our school culture.

The inspirational, motivational, and positive messages, lessons, and activities will and have helped students to develop a more positive attitude. There is a plethora of benefits to positive thinking. Together, incorporating the Great MDE Kindness Challenge, displaying positive messages, and educating students through Classroom Guidance and small group counseling will help students with self-regulation, emotional management, acceptance of diversity, counter negativity, and resistance building. Every time students pass by the hallway and walk through the campus this month, they will be reminded how wonderful and important they are and receive an encouragement to be kind. My hope is that this initiative will trigger something within all of us (students and faculty alike) that will stimulate our brains to reframe our way of thinking; thus, impacting our attitudes and the choices we make. Aesop said it best, "No act of kindness, no matter how small, is ever wasted." I hope that this social emotional learning initiative can help build positive minds and happier students.

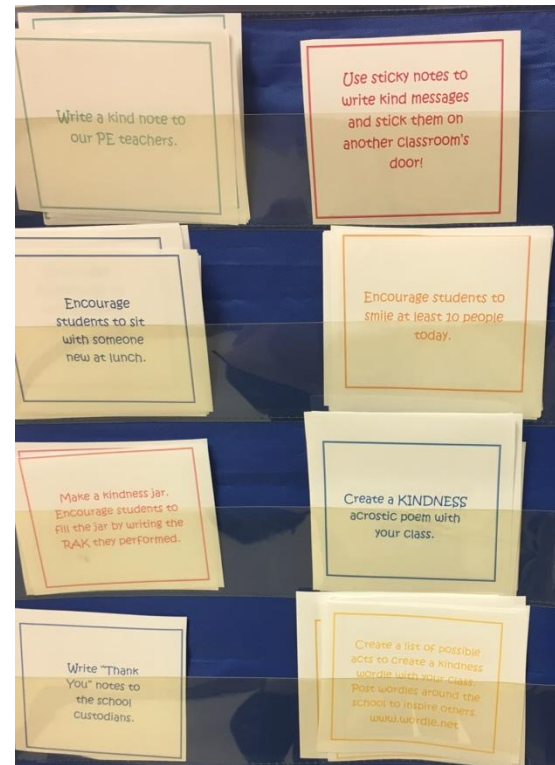
**\*Pictures to follow on the next page.**



Katherine Carney

## Random Acts of Kindness Board

Located in the Mailroom for teachers to take ideas to do with their classes. (I've already had to refill the ideas!)



Katherine Carney  
School Counselor

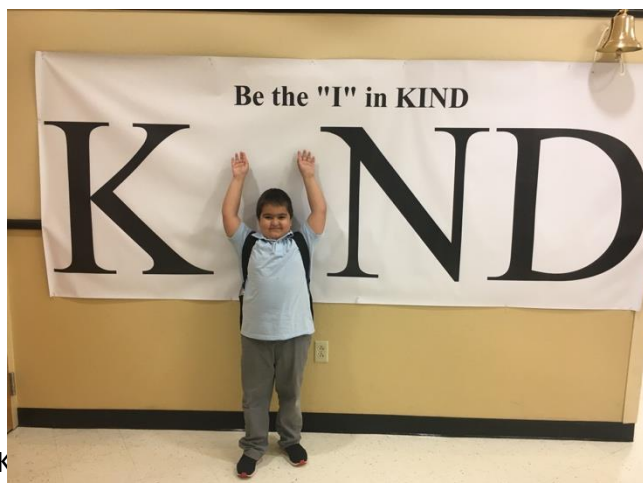
Katherine Carney

**Be the "I" in Kind Poster Display.**

Me kicking off Kindness Month!



Our deputy, Richard Council getting inspired by the kindness!



One of our younger students, excited to be the "I" in kind this month!

## Katherine Carney

### Spirit Club Sprinkles Kindness around Campus

Poster samples before they were displayed

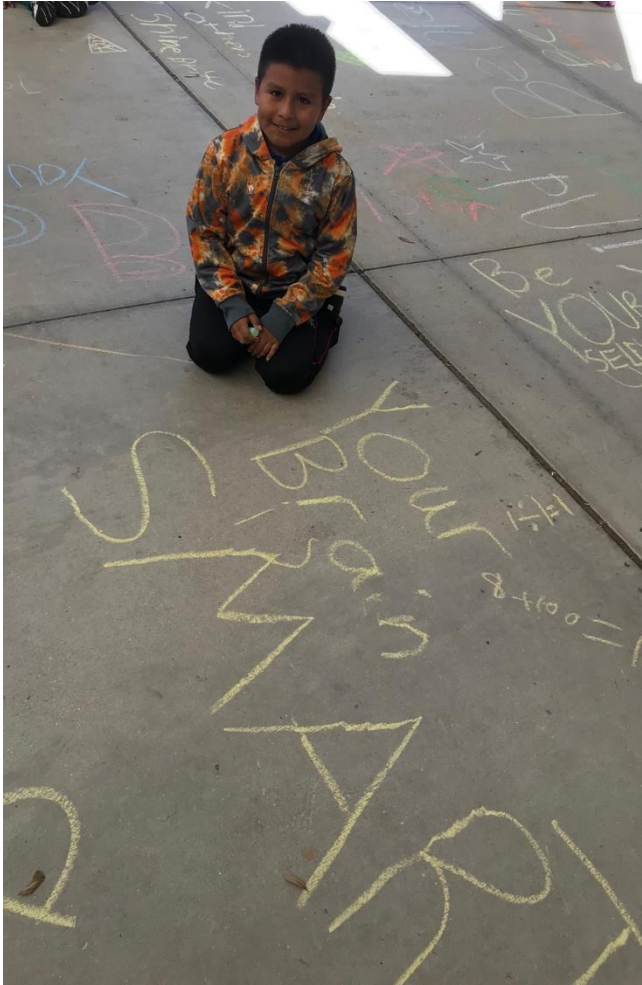


Spirit Club leader decorating the school. Kindness changes everything...



## Katherine Carney Kind Chalk Messages

Students having fun thinking of kind phrases to write to inspire our school community!



## Katherine Carney

### #kindness is in the air at MDE!

Teachers promoting the kindness initiative on twitter. It's amazing to see how kindness is becoming embedded in our school culture! First grade writing nice notes to staff members, a staff member receiving a kind note, and a teacher promoting self-confidence.



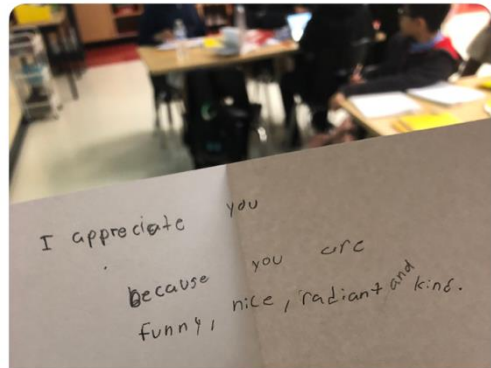
Ms. Geiger  
@MsGsCuties

Kindness Challenge accepted!  
[@KatieCarney317](#) these sweet babes were all smiles to give a nice note to another teacher 🧡  
[@MDE\\_Stars](#) #KindnessMatters



Emily Flynn  
@MsFlynns5th

A few of my sweet students came back from Mrs. Cornell today with kind notes for me 😭💙  
[@KatieCarney317](#) thanks for starting the great [@MDE\\_Stars](#) kindness challenge! The kiddos are so into it!



Mrs. Hochs\_Stars  
@HochsMrs

Being kind means starting with ourselves! I love the month of February. My students get to practice "self-love" all month by writing something nice about themselves on their self portrait. [@MDE\\_Stars](#)  
[@collierschools](#) #ccpsfamily  
[@KatieCarney317](#)



## Kind Quotes for the News

Some of the examples of kindness quotes that are discussed on the student led news each morning.

1. "If you want to lift yourself up, lift someone else up." – Booker T. Washington
2. "If you see someone without a smile, give them yours." – Dolly Parton
3. "No act of kindness, no matter how small, is ever wasted." – Aesop
4. "Never believe that a few caring people can't change the world. For, indeed, that's all who ever have." – Margaret Mead
5. "Be kind to unkind people. They need it the most." – Ashleigh Brilliant
6. "Be kind whenever possible. It is always possible." – Dalai Lama
7. "To the world you may be one person, but to one person you may be the world." – Dr. Seuss
8. "A warm smile is the universal language of kindness." – William Arthur Ward
9. "A single act of kindness throws out roots in all directions, and the roots spring up and make new trees." – Amelia Earhart
10. "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." – Maya Angelou
11. "How wonderful it is that nobody need wait a single moment before starting to improve the world." – Anne Frank
12. "Never look down on anyone unless you're helping them up." – Jesse Jackson
13. "Everywhere you go, leave a glitter trail of kindness behind you." – Unknown
14. "It's nice to be important, but it's more important to be nice." – Unknown
15. "Kind people are the best kind of people." – Unknown
16. "How beautiful a day can be, when kindness touches it!" – George Elliston
17. "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." – Desmond Tutu
18. "Try to be a rainbow in someone else's cloud." – Maya Angelou
19. "Kindness is a gift everyone can afford to give." – Unknown

Katherine Carney

## Kindness Challenge Checklists

From the GreatKindnessChallenge.org, these checklists were given to students to inspire and provide ideas for kind acts that they can do. I sent the Junior Edition to student in grades Kindergarten-2<sup>nd</sup> Grade and the School Edition to students in grades 3<sup>rd</sup>-5<sup>th</sup> Grade. I also sent the family edition home for families to do together.



**The Great Kindness Challenge**  
SCHOOL EDITION

Your Kindness Matters! We challenge you to complete as many acts of kindness as you can in one week. Have fun and smile big knowing that you are changing the world for good!

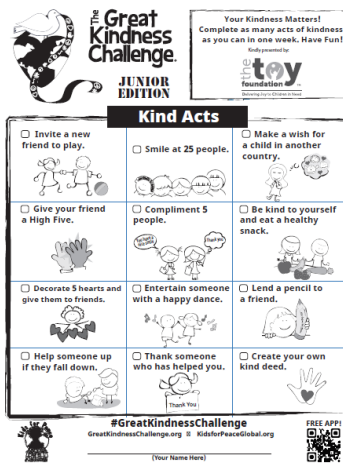
**Kind Acts**

- Smile at 25 People
- Skip a Nice Note to Your Friend's Backpack
- Compliment 5 People
- Pick up 10 Pieces of Trash on Campus
- Make a New Friend
- Tell Jokes and Make Someone Laugh
- Be Kind to Yourself and Eat a Healthy Snack
- Learn Something New About Your Teacher
- Draw a Picture and Give it to Someone
- Help a Younger Student
- Give a KIND Handmade to a Classmate
- Hug Your Friend
- Pick up Trash Outside Your School
- Get Out 10 Hours & Give Them to Friends
- Entertain Someone with a Happy Dance
- Show Appreciation to a Counselor or Mentor
- Say "Good Morning" to 15 People
- Design a Thank You for the PTA/PTO
- Make a Wish for a Child in Another Country
- Say "Thank you" to a Crossing Guard
- Invite a New Friend to Play/Bring Out with You
- Send a Thank You to your Superintendent
- Offer to Help Your Custodian
- Sit with a New Group of Kids at Lunch
- Read a Book to a Younger Child
- Give an Apple or a Note to Your Teacher
- Stay Up for Someone in Need
- Make and Display a "Kindness Matters" Sign
- Carry Your Friend's Books
- Help Your PE Teacher with the Equipment
- Make a Bookmark for a Friend
- Hold the Door Open for Someone
- Put Yourself on the Bus
- Thank a Bus Driver or Car Pool Driver
- Write a Thank You to a Bandaid for the Nurse
- Listen to Your Teacher the First Time
- Whisper Thank You to the Librarian
- Help Someone Up if They Fall Down
- Lend a Pencil to a Friend
- Learn to Say "Hello" in a New Language
- Bring a Flower to the Office Staff
- Show Appreciation to Your Principal/Creativity
- Help Your Teacher with a Needed Task
- Be Your Friend at School
- Say "Thank You" to a Volunteer
- Give Your Friend a High Five
- Make a Friendship Gift to Someone New to You
- Create Your Own Kind Deed

#GreatKindnessChallenge  
GreatKindnessChallenge.org • KidsForPeaceGlobal.org

FREE APP! 

(Your Name Here)




**The Great Kindness Challenge**  
JUNIOR EDITION

Your Kindness Matters! Complete as many acts of kindness as you can in one week. Have Fun!

**Kind Acts**

<input type="checkbox"/> Invite a new friend to play.	<input type="checkbox"/> Smile at 25 people.	<input type="checkbox"/> Make a wish for a child in another country.
<input type="checkbox"/> Give your friend a High Five.	<input type="checkbox"/> Compliment 5 people.	<input type="checkbox"/> Be kind to yourself and eat a healthy snack.
<input type="checkbox"/> Decorate 5 hearts and give them to friends.	<input type="checkbox"/> Entertain someone with a happy dance.	<input type="checkbox"/> Lend a pencil to a friend.
<input type="checkbox"/> Help someone up if they fall down.	<input type="checkbox"/> Thank someone who has helped you.	<input type="checkbox"/> Create your own kind deed.

#GreatKindnessChallenge  
GreatKindnessChallenge.org • KidsForPeaceGlobal.org

FREE APP! 

(Your Name Here)



**The Great Kindness Challenge**  
FAMILY EDITION

Create a kinder world. Take a week, a month or a year. Have fun and complete as many acts of kindness as you can. Your Kindness Matters!

**Kind Acts**

- Smile at 25 people
- Skip a Nice Note to Your Friend's Backpack
- Compliment 5 People
- Pick up 10 Pieces of Trash on Campus
- Make a New Friend
- Tell Jokes and Make Someone Laugh
- Be Kind to Yourself and Eat a Healthy Snack
- Learn Something New About Your Teacher
- Draw a Picture and Give it to Someone
- Help a Younger Student
- Give a KIND Handmade to a Classmate
- Hug Your Friend
- Pick up Trash Outside Your School
- Get Out 10 Hours & Give Them to Friends
- Entertain Someone with a Happy Dance
- Show Appreciation to a Counselor or Mentor
- Say "Good Morning" to 15 People
- Design a Thank You for the PTA/PTO
- Make a Wish for a Child in Another Country
- Say "Thank you" to a Crossing Guard
- Invite a New Friend to Play/Bring Out with You
- Send a Thank You to your Superintendent
- Offer to Help Your Custodian
- Sit with a New Group of Kids at Lunch
- Read a Book to a Younger Child
- Give an Apple or a Note to Your Teacher
- Stay Up for Someone in Need
- Make and Display a "Kindness Matters" Sign
- Carry Your Friend's Books
- Help Your PE Teacher with the Equipment
- Make a Bookmark for a Friend
- Hold the Door Open for Someone
- Put Yourself on the Bus
- Thank a Bus Driver or Car Pool Driver
- Write a Thank You to a Bandaid for the Nurse
- Listen to Your Teacher the First Time
- Whisper Thank You to the Librarian
- Help Someone Up if They Fall Down
- Lend a Pencil to a Friend
- Learn to Say "Hello" in a New Language
- Bring a Flower to the Office Staff
- Show Appreciation to Your Principal/Creativity
- Help Your Teacher with a Needed Task
- Be Your Friend at School
- Say "Thank You" to a Volunteer
- Give Your Friend a High Five
- Make a Friendship Gift to Someone New to You
- Create Your Own Kind Deed
- Think a New Dream
- Learn a Lesson on someone's Birthday
- Be Kind to yourself and eat a healthy snack
- Call your grandparents or extended family
- Say "Thank you" to a young teacher
- Build cookies and share with your neighbors
- Say "Good Morning" to 5 people
- Pick up and recycle trash on your neighborhood
- Take a family walk outside
- Show a lesson to the class or class
- Write a thank you note to your mail carrier
- Write a note for a child in another country
- Volunteer in your community
- Say "Hi" to someone who looks sad
- Write a happy message with someone who is hungry
- Write a handwritten note to a friend
- Write a handwritten note to a friend
- Show a friend with someone who is hungry
- Write a handwritten note to a friend
- Write a positive message on social media
- List someone on ahead of you in line
- Help a person in need
- Write on someone you witnessed during the day
- Create your own kind deed

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www.greatkindnesschallenge.org

FREE APP! 

## Example Lesson Plan: Gossip is like Glitter Lesson Plan:

**Created by: Katherine Carney**

Unit #4: Keeping Friends: Gossip is Like Glitter!

Age Range: 5th-8th Grade Students

**Lesson Objective:** Students will learn about gossip and rumors and will develop social skills to maintain friendships without falling into gossip at their new school.

### **Welcome:**

- The Group Leader welcomes students to the group, reminds them of the remaining number of sessions, and proceeds to take attendance using the attendance sheet (pass around).
- Group Expectations: The Group Leader asks a student in the group to read and review group expectations aloud to the group. Group Rules include: “What happens in group, stays in group,” “Be respectful of group members,” and “Always try your best participate.” Group leader asks if anyone needs any clarifications on the rules or wants to add any rules after our first session. Group Leader will ask “Are there any changes or additions to the group expectations? Then let’s begin.”
- Leader summarizes what was learned in the last session. “Last week we focused on making friends here at your new school. We talked about ways to meet others, qualities that a good friend embodies, and the challenges that can be associated with “fitting in” in middle school.”
- The Group Leader reviews what will be covered in today’s session: keeping the friends that we make. We will learn strategies to be a good friend and how to maintain friendships and keep them in our life.

### **Lesson:**

Group Leader writes the word gossip on the board. Then, the group leader asks students to define what it means.

- “What does the word gossip mean to you?”
- Students write responses on post-it notes and post their responses on large sheet of paper located on the front board.
- Group Leader then reviews the responses making sure to include: information about someone, often hurtful and untrue, and spread to others.

### **Activity:**

- The group leader performs an activity and asks for five volunteers to come to the front of the class. The group leader explains that you have a task for them to complete.
- Inform them that their mission is to pass glitter from one person to the next, all the way down the line.
- Students are told that they must complete the task in 5 minutes.
- Also, the group leader informs the volunteer students that not one spec of glitter is allowed to fall on the floor and that no glitter can be on their hands or clothes.
- The group leader and fellow students in the lesson will quickly see and understand that it is impossible to complete the assigned task. Glitter simply gets everywhere! It is hard to keep the specs of glitter from falling to the floor and sticking to all of the hands!

### **Discussion:**

Group Leader states: “Look around at all the glitter. Can someone describe what glitter is? (Shiny, easy to spot, hard to get rid of, goes places that you didn’t want it to reach, etc.) Glitter can seem really fun, but once you get involved with it, you learn that it turns into a big mess. The

glitter is like a rumor, and once you begin to spread it you can never really get it back. Glitter and rumors have a lot in common. How is gossip like glitter?"

**Activity:**

Group leader introduces a quick activity.

- The group leader asks all students to put their heads down on their desks.
- The group leader tells students to raise their hands if they have ever experienced gossip being spread about themselves.
- The group leader tells students to raise their hands if they have ever heard gossip being spread about others.
- The group leader tells students to raise their hands if they have ever engaged in spreading gossip to others.

The group leader then asks students to raise their heads and explains that almost all of the students raised their hands at one point or another. Furthermore, the group leader states that students should be aware and understand how damaging gossip can be and how many people gossip can affect.

The group leader reads the following short story: found from the website: <https://spoken-words.weebly.com/the-dangers-of-gossip.html>

“An old proverb relates the story of a person who repeated gossip—some rumor about a neighbor. Soon, the whole community had heard the rumor. Later, the person who spread the gossip learned that the rumor was untrue. The person was very sorry and went to an elder in the community who had a reputation for great wisdom to seek advice. The elder told the person, “Go to your home and take a feather pillow outside. Rip it open and scatter the feathers, then return to me tomorrow.” The person did as the elder had instructed. The next day, the person visited the elder. The elder said, “Go and collect the feathers you scattered yesterday and bring them back to me.” The person went home and searched for the feathers, but the wind had carried them all away. The person returned to the elder and said, “I could find none of the feathers I scattered yesterday.” “You see,” said the elder, “it’s easy to scatter the feathers but impossible to get them back.” So it is with gossip; it doesn’t take much to spread hurtful words, but once you do, you can never completely undo the damage.”

**Closing Questions:**

The group leader will pose these three questions:

- How is the short story similar to the glitter activity we did earlier?
- How do you think the person felt when he learned the rumor he spread was untrue?
- Is it easy to determine if gossip is true or not?
- How does gossip affect friendships?
- How do we keep friendships that will last?

**Homework:**

The group leader gives students a worksheet that has two questions for students to consider and reflect upon when they return home. The worksheet can be found in the worksheet section of this lesson plan.

**Closing:**

The group leader summarizes what was covered in today’s group guidance lesson. The group leader states that “oftentimes in middle school gossip and rumors start to affect friendships and become present in social settings. Gossip can be tempting, especially when students new to a school and wanting to find a way to “fit in.” Gossip can be an easy trap to fall into because it attracts people to become involved, however, it can ultimately lead to breaking friendships and

hurt people.” The group leader reminds the students of how many group meetings are left and asks if there are any last questions or comments.

**Unit 4: Keeping Friends: Gossip is Like Glitter**

Age Range: 5th-8th Grade Students

Reflection Worksheet Adapted from

<http://musingsofamiddleschoolcounselor.blogspot.com/2013/10/glitter-gossip.html>

Name: \_\_\_\_\_

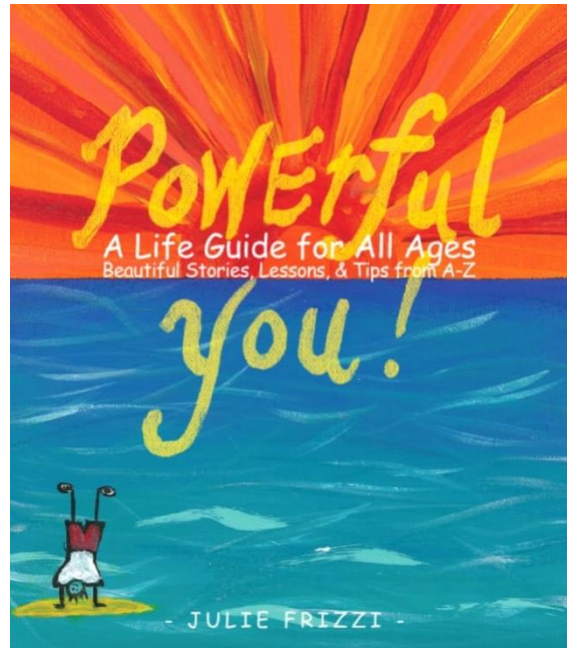
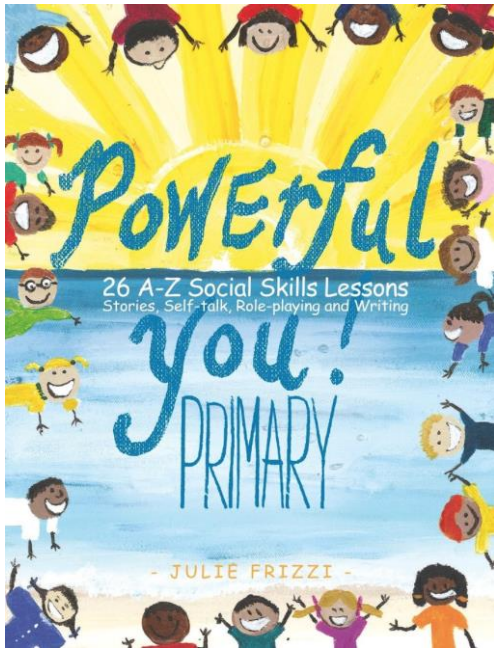
*“Great people talk about ideas; ordinary people talk about things; small-minded people talk about other people.”-Eleanor Roosevelt*

## **GOSSIP**

1. What does the following quote mean to you? *“Who gossips to you will gossip of you.”*
  
2. How can you stand up to those who are gossiping and stop rumors?

## Classroom Guidance Lessons

I use these books as resources created by fellow Collier County Public School counselor, Julie Frizzi for my Classroom Guidance Lessons. From *Powerful You Primary*, I use “Kind Kelly” and “Loving Logan” stories to promote kindness strategies towards others and loving ourselves. From *Powerful You*, I use “Kind Karen” and “Prejudged Jamal” to teach kindness, tolerance, acceptance, respect, and diversity to our students. Julie Frizzi’s books play an integral role in my character development lessons!



## Friendship on the Buddy Bench

Friends caught using the Buddy bench this week!



Dear Miss carney, thank you  
for everything and thank you  
for last year that I called  
myself ugly and the kind  
words that you said to me  
made me confident on  
myself.

I Like when  
You help me  
control my  
behavior. and you  
are Sweet and kind.

Some sample notes and student work  
that I received this month in regards to  
kindness.

This school year we have had 573  
Positive Referrals!! 174 this semester!  
Student below are excited to see that  
our "kindness is growing!"

