

From the Counselor's Office:

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# Cathedral Elementary

## School Counseling News

Quarter 3 2022

### Great Kindness Challenge

As we approach St. Valentine's Day students are preparing to participate once again in the **Great Kindness Challenge**. The event will be celebrated during the week of February 15<sup>th</sup> but as always we continue to practice love and kindness every day.

Do to  
others as  
you would  
have them  
do to you.

*Luke 6:13*

We will be playing **B-Kind Bingo** as a group activity. Each classroom will receive a poster size bingo card. The squares will contain various acts of kindness. Each day during our morning announcements randomly selected students will read some acts of kindness from the B-Kind Bingo cards. As a group each classroom will mark their card to try to get "B-Kind Bingo!" to win small prizes.

### The Colors of Kindness and Love

Students will also complete individual **Personal Kindness Charts** during the week. They can choose activities from the chart to do at home or at school, or they may come up with some of their own. If they complete at least one kind act each day they will become "kindness certified" with an official Great Kindness Challenge certificate.



Be kind and tenderhearted

*Ephesians 4:32*