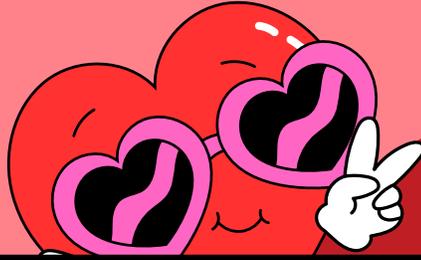


Rosemead School District SEL Newsletter



February
2025



Greetings, Rosemead Family! I hope you had a joyous January and are ready to have a fun-filled February. This month is often associated with love and connection, which means it's the perfect time to focus on the importance of kindness. Whether it's through small acts of generosity, words of encouragement, or simply showing empathy, kindness has the power to uplift others and create a ripple effect that extends far beyond what we can see. This month, we'll explore ways to cultivate kindness in our daily interactions, build emotional awareness, and encourage students to recognize the impact of their words and actions. Through thoughtful activities, discussions, and moments of reflection, we can help shape a community where kindness isn't just an action—it's a habit. Let's make February a month filled with intentional acts of kindness and compassion. Together, we can inspire a culture where everyone feels seen, valued, and supported.

Sincerely,
Your Rosemead School Psychologists

Habit of the
Month

Kindness



What does kindness mean?

Kindness means being nice and caring toward others. Being kind means treating people the way you'd like to be treated. Even small acts, like smiling at someone or saying "thank you," can make a big difference.

Why should we practice kindness?

Being kind also makes you feel good inside, like a warm hug for your heart! When you help someone, share, or say kind words, it makes the world a nicer place for everyone. And the best part? Kindness spreads! When you do something nice, others are more likely to do something nice too—just like a chain reaction of smiles!

What are some ways we can be kind?

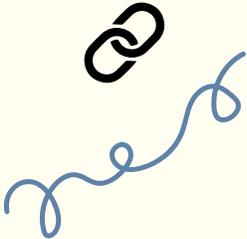
- give a listening ear to someone you care about
- sharing your toys
- helping a friend when they fall
- saying kind words to make someone feel happy.



- Do something nice without being asked
- invite someone to play
- say thank you
- write a nice note or letter



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2/3 It's Mindfulness Monday! Start your month off right with this kindness-themed mindfulness exercise!</p> 	<p>2/4 Learn more about the effects of spreading kindness by watching this read-along of "Have you filled a bucket today?"</p> 	<p>2/5 It's Wellness Wednesday! Did you know that kindness can affect your body as well? Find out how with this video!</p> 	<p>2/6 It's National Optimism Day! How can you be more optimistic today?</p> 	<p>2/7 It's Fun Friday! Enjoy this fun Kindness craft with someone who is kind to you!</p> 
<p>2/10</p> 	<p>2/11 Story time! Learn about more ways to be kind with this read-aloud of "Be Kind"!</p> 	<p>2/12 It's Wellness Wednesday! Ever felt stressed? Learn more about what stress is and how it can affect your body!</p> 	<p>2/13 It's Thoughtful Thursday! Think about this question and then watch this video: Why be kind?</p> 	<p>2/14 It's Valentines Day! Spread kindness with a Valentine card for someone you love! If you want to get really crafty, click on this video!</p> 
<p>2/17</p> 	<p>2/18 Story time! Let's learn more about our habit of the month with A Little Spot of Kindness!</p> 	<p>2/19 Wellness Wednesday! Playing games and sports outside can be fun and healthy! You can have even more fun when you make sure to include everyone!</p> 	<p>2/20 It's National Love Your Pets Day! You can spread kindness to the animals in your life too!</p> 	<p>2/21 It's Fun Friday! Incorporate some kindness into your fun by playing Friendship Freeze at home or at school!</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2/24</p> <p>It's Mindfulness Monday! Let's get your week started with a reminder to feel love and kindness towards ourselves and those around us!</p> 	<p>2/25</p> <p>Let's learn more about our habit of the month. Listen to other's understanding of what kindness is to build your own understanding!</p> 	<p>2/26</p> <p>Hear this message of how kindness can be powerful. How will your kindness change the world?</p> 	<p>2/27</p> <p>It's Thoughtful Thursday! Do you know about the Invisible String? Watch this read-aloud and then share it with someone you're connected to by the invisible string!</p> 	<p>2/28</p> <p>Color your world in kindness! Remember, every act of kindness you do can cause a chain reaction! There is a chance that your kindness reaches tens, hundreds, thousands, even millions of people!</p> 

No act of kindness, no matter how small, is ever wasted.





Valentine's Day & Random Acts of Kindness Week

care-solace

Let's make kindness the norm this week! As we all work to create a kinder world, we can start with ourselves and our community. We invite you to celebrate Valentine's Day (February 14th) and Random Acts of Kindness Day (February 17th) by spreading kindness.

There is no limit on the amount of goodness we can put into the world. Every ounce of kindness matters and inspires kindness in others. Ready to participate in the Kindness Challenge? Here are ideas to get started:

1. Join the #MakeKindnessTheNorm challenge and share your acts of kindness on social media.
2. Practice kindness and self-compassion with these guided practices and exercises: [Self Compassion Practices](#)
3. Some of us are already taking steps to find professional help with our well-being and perhaps you or a loved one should too. If you or a family member would like help finding a mental health care provider, use Care Solace, a complimentary and confidential coordination service provided by Rosemead School District:
4. Call 888-515-0595. Support is available 24/7/365 in any language.
5. Visit caresolace.com/rosemead and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

Spreading kindness improves our well-being and fosters a caring community. What will you do to spread kindness this week?

