

# School Counsellor Newsletter



## Thinking about kindness

Edition Twenty-seven

At Medbury kindness is encouraged at every opportunity. Some examples include: kindness cards and awards where staff and students can nominate each other for acts of kindness; through many of the school values; kind acts being acknowledged through house points; ideas about kindness being shared and brainstormed by students in class; and with a focus on emotional intelligence through the Aristotle programme. Henry from 1R has some excellent advice in regard to being kind so be sure to check out the poster he has made below.

Clearly, kindness takes many forms. You might like to brainstorm different ways of being kind with your son. Here is what I came up with in my own brainstorm: it can be a smile to someone you do not know; helping a neighbour in their garden; asking a person to stop saying things if they are hurtful to others; taking the time to stop and help someone; doing the dishes without being asked to; letting a

friend know you are there for them if they need you; asking someone how their day was; acknowledging the effort a fellow student has put into their school work; not passing on a rumour because you know it is unkind; and listening to a friend without interrupting. Two forms of kindness I have found very helpful recently are 1) sometimes saying nothing, or not reacting, if I don't agree with someone else's words or actions and 2) looking at things another way if someone offends me. For example, if someone cuts me off when I am driving rather than get angry and think they are a bad driver, I instead consider they may be in a rush and did not intend to drive out in front of me.

Given the variety of ways, places and situations in which we can be kind, how can you remind your son to be kind in all that he does? The acronym, THINK, can be a useful tool to use if you feel your son needs to, at times, stop and take a moment to consider his actions or to THINK about them. I am not sure

who created this acronym but I am grateful that they did. I encourage using it as a really helpful tool to support conversations with your son about the many ways in which he can be kind. Most importantly, remind your son to be kind to himself so that if he doesn't always get things right, he can learn and grow for next time.

Before you speak:

**THINK**

**T** = Is it True?

**H** = Is it Helpful?

**I** = Is it Inspiring?

**N** = Is it Necessary?

**K** = Is it Kind?



**Jenelle Hooson**

Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim

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