CHARACTER COUNTS! Washington County
CHARACTER COUNTS! Courier
February 2022

Kindness

Did you know there are scientifically proven benefits of being kind? The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward."

Calendar:
Month Long: American Heart Month, Black History Month

Week of:
February 6-12 Burn Awareness Week
February 7-11: School Counseling Week
 February 13-19: Random Acts of Kindness

February 1: Chinese New Year (year of the Tiger)
February 2: Ground Hog Day
February 14: Valentine's Day
February 21: President's Day

February 22: World Thinking Day

A person who is mindful of their CHARACTER is: Trustworthy, Respectful, Responsible, Fair, Caring, and a good Citizen.

People of CHARACTER: wear a mask, wash your hands, and keep the distance!

For more resources, please visit *charactercounts.org and Random Acts of Kindness.*

Kindness is not what you do, but who you are.

What Is Kindness? Kindness is — and always will be — one of the most beautiful and powerful forces for good that exists in the entire world. Why? It is because **kindness is love:** **Kindness Is Love in Action.**

Kindness is all the different ways — both big and small — we express care, concern, and consideration for ourselves and those with whom we share the world.

Kindness shows up as a supportive smile, a comforting embrace, and a helping hand when we need it the most — but may expect it the least.

It exists as heartfelt words of encouragement, thoughtful gestures of affection, and compassionate acts of generosity so many of us witness, perform, and receive as we move through life.

In a world filled with struggle and pain, kindness is like a deep cleansing breath that rejuvenates us with its purity, refreshes us with its goodness, and gives us the strength to persevere despite our troubles.

Kindness is a reminder of why we are here and how we can each use our lives to help others.

Kindness is a source of some man's greatest joys and a reason why life is beautiful, even though it is challenging.

Here is one way to define kindness:

Kindness is the sincere and voluntary use of one's time, talent, and resources to better the lives of others, one's own life, and the world through genuine acts of love, compassion, generosity, and service.
Kindness Is Love in Action.

Kindness is a way love is expressed, a reason love multiplies, and an example of what is possible when love is prioritized. *To learn more about kindness visit* **https://www.kindnessiseverything.com/faqs/what-is-kindness.**

'***Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around". -- Leo Buscaglia***

"Loving-Kindness"

Mindfulness Activity: Greet people with peace in your heart

1. Sit mindfully, with your spine straight and body relaxed.

2. Hold your hand over your heart and repeat to yourself: "May I be happy. May I be safe. May I be peaceful. May I be kind."

3. Now think of a friend or family member. Repeat to yourself: "May you be happy. May you be safe. May you be peaceful. May you be kind."

4. Now imagine people you do not know yet. Repeat to yourself: "May you be happy. May you be safe. May you be peaceful. May you be kind."

5. Continue your day knowing that everyone wants to be happy, just like you do.

You help yourself when you replace any unkind words in your mind with kind words.

CHARACTER COUNTS! Everywhere all the time!!
Follow us on Facebook at https://www.facebook.com/Character-Counts-Washco