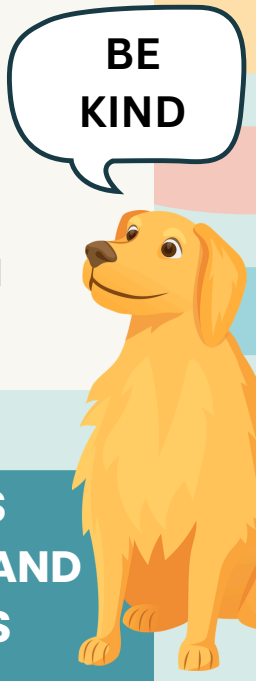
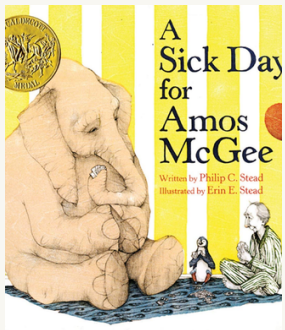
BBC ADJUSTMENT COUNSELOR NEWSLETTER

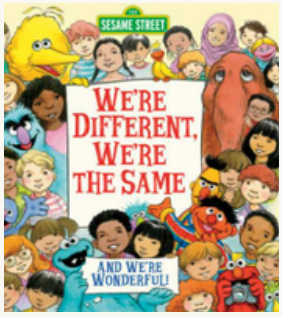
SHOWING KINDNESS

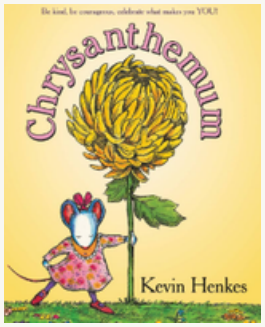
October is national bullying month. At BBC we incorporate this in an age appropriate way for our preschoolers. We lay the foundation for our kids to be kind and inclusive friends. At school we practice big and small acts of kindness. We are also learning ways to understand other peoples feelings. We learn kindness goes beyond the classroom and into our daily lives. Ask your child how they are kind at school and with their friends! Help your child practice acts of kindness!



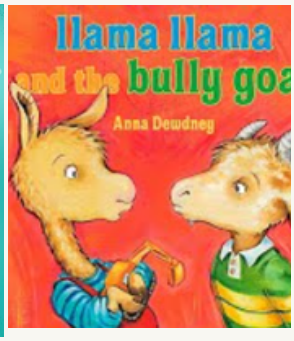
BOOKS













PBS KIDS ACTIVITIES AND ARTICLES

- Kindness Loops Activity
- Being Kind Article and Resources
- How to Teach Your Kids about Cultural Awareness and Diversity

TALK TO SUNNY

I show kindness by helping people feel safe when they are scared.
What do you do?

