

Name _____
 Teacher _____

Hello Mead Elementary Families! **February 5-9 is National School Counseling Week!** This is the week where School Counselors across the country advocate for the social, emotional, academic, and career readiness roles they play in the lives of their students.

I am issuing the "Counselor's Challenge" to your student at school and at home. At home, I am asking your student to complete this card with these acts of kindness, responsibility, and respect. Initial each "act" your child performs and have them return this paper to their teacher by Friday, February 9. There will be a drawing on Monday, February 12.

| | | |
|---|---|---|
| Share with a family member | Go to bed when told without an argument | Help with a chore that is not yours |
| Do your homework without being reminded | Compliment someone in your family | Say "please" when asking for something |
| Do your chores without being reminded | Say "thank you" when someone does something for you | Write your parent a note telling them why you love them |
| Do something kind for a member of your family | Get up and get ready for school without complaining | Use kind words with a family member |

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