

FEBRUARY WELLNESS TIP

After a busy January, we are jumping into February, full speed ahead! An activity that some of our classes participated in this month was creating encouraging coffee sleeves. These coffee sleeves will be dropped off at local coffee shops as a way of spreading encouragement and kindness throughout our local community.

Although this is a simple activity, it is an effective way of reflecting God's love to our community as well as promoting a school culture that looks to the interests of others. This is the same in many areas of our lives - the way in which we act powerfully influences our attitudes and perspectives.

So, before letting another month flash before your eyes, take a moment to consider ways you can practice showing kindness with your children throughout February. What activities can you do together to show kindness toward others? Do you have a moment around the dinner table to discuss how God has shown immeasurable kindness to us? Find ways to get the conversation going and then take action!

If you're looking for inspiration, take a look at some of the resources right here.

RESOURCES

Book: [The Kindness Challenge](#) by Shaunti Feldhahn

Blog: [The Power of Kindness](#) by Focus on the Family

Blog: [30 Random Acts of Kindness - That You'll Enjoy Doing!](#) by Focus on the Family

Blog: [Modelling Kindness In An Unkind World](#) by Focus on the Family

For parents of a teen!