



# The Counselor Connection

JANUARY 2021

## This month's character trait: RESPECT

### So What is It?

Respect means caring enough about a person, animal, or thing to consider how words or actions would impact him/her/it.

### Why is it Important?

It is important to show respect to others because this can help them to feel valued and accepted. It is also important for you to be shown respect so you can feel important and loved.

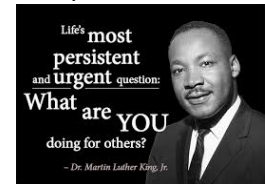
### How can you Show That you are Respectful?

- Use good table manners when eating
- Show up to class, meetings, and DBAs on time

- Speak kind words to everyone
- Listen to and obey your adults
- Give someone a compliment
- Show up to live class and DBAs on time
- Wait until someone is finished speaking before talking
- Take good care of your pets
- Clean up trash in your neighborhood
- Say 'please' and 'thank you'
- Think about how your words might affect someone before saying them
- Smile at someone
- Take good care of yourself by eating healthy, exercising, and going to bed on time (Yes, you need to show YOURSELF respect, too!)

### January at a Glance

1/4 Classes Resume  
1/18 Martin Luther King Jr Day - NO SCHOOL



Look for our \*new\* webinar!  
Check it out [here!](#)



### We're here to help!



O: 407-513-3699  
[rpinkman@flvs.net](mailto:rpinkman@flvs.net)  
Serving counties  
Alachua through  
Hardee, alphabetically,  
plus Hillsborough.



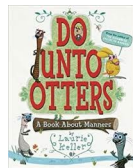
O: 407-513-3613  
[nminger@flvs.net](mailto:nminger@flvs.net)  
Serving counties  
Hendry through  
Orange, alphabetically,  
except Hillsborough.



O: 407-513-3524  
[krhr@flvs.net](mailto:krhr@flvs.net)  
Serving counties  
Osceola through  
Washington,  
alphabetically.



### Check out these books!



Do Unto Otters  
By: Laurie Keller

Wonder

By: R.J. Palacio



The Way I Act  
By: Steve Metzger

### How You can Help Your Child Learn to show Respect

- Show patience and listen to your child explain his feelings/reasoning for acting
- Explain to her how her actions might affect someone by discussing how a person might feel after being disrespected
- When you make a mistake, (i.e. making a false accusation, yelling, etc.) apologize and show them that no adult is perfect
- Point out characters being respectful in stories or movies as examples
- Model how to be respectful when speaking to others
- Show them regularly that they are loved, accepted, and valued