

FEBRUARY: A MONTH OF KINDNESS

February can sometimes feel a bit gloomy; the holidays are over, and the weather remains dark and cold. Did you know that one of the best ways to beat the winter blues is to show kindness to one another? The month of February includes two nationally recognized days that aim to celebrate and promote kindness: February 17th is Random Acts of Kindness Day and February 22nd is Pink Shirt Day.

Pink Shirt Day (originating in Nova Scotia) began when a male high school student was bullied for wearing pink. The next day the entire school of students and teachers showed their support for him by wearing pink. Thanks to the incredible amount of kindness demonstrated, as well as the impact it made in the media, Pink Shirt Day is now nationally recognized as an anti-bullying campaign for both children and adults. This kind act not only changed the life of the student who was bullied, but it also changed the month of February.

So, what are some random acts of kindness that you can do?

- Smile! Smiling is proven to have health benefits for those who give a smile as well as those who receive it. It seems like a small act, but it is amazing how a simple smile can turn someone's day around.
- Complement a co-workers work ethic or their quick wit! This can make them feel like they are being noticed.
- Help a neighbor by shoveling their sidewalk or help them bring in their groceries. These efforts can really make a difference to them, especially if they are experiencing mobility issues.
- Leave an encouraging note somewhere for someone else to find (on a co-workers desk, in the staff kitchen, etc.)
- Tell a teacher that you appreciate them.
- Hold the door open for a stranger.

Resources for those that are experiencing bullying:

- Kids help phone (a toll-free phone available for any youth) 1-800-668-6868
- Alberta bullying helpline (call or text) 310-1818
- Mental Health hotline 1-877-303-2642
- Child abuse hotline 1-800-387-5437

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To learn about FCSS programs visit our website: www.fcss.ca

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