

Beach Haven School District

Eighth Street & Beach Avenue, Beach Haven, New Jersey 08008

Dr. Christopher S. Meyrick, Superintendent

Cmeyrick@beachhavenschool.com

609-492-7411

“Promising every student a future!”

Dear Parents/Guardians of Beach Haven School,

Courage is April's word of the month. We can exhibit courage in many ways. We can show courage by overcoming a fear, trying a new activity, or dealing with uneasy times. Since we are all home with our families, I thought it would be fun to have a kindness competition. It is called the Courage to be Kind. It is in bingo form, but have fun with it! See how many squares you can fill as a family.

I know we are going through an uneasy time right now. If your children are feeling anxious, nervous, or they just want to say HI!, please do not hesitate to reach out. I am available by email, phone, Zoom, or whatever works best for you.

Warm regards,

Angela Carosella

Guidance Counselor

acarosella@beachhavenschool.com

Courage Resources

What is courage? (Great for the younger kids!)

https://www.youtube.com/watch?v=rkg-ffNGv_E

<https://www.youtube.com/watch?v=n63tGkSzNrc> After the Fall by Dan Santat

https://www.youtube.com/watch?v=_i4L2mITBfE Brave As Can Be by Jo Witek

Beating the odds

<https://www.youtube.com/watch?v=ekLpn4zKiNU> (Great for the older kids!)

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Complete the Kindness Takes Courage Bingo! Have fun with it and let me know how you do. Please send me pictures, emails, etc. I miss you all and I hope everyone is staying safe and healthy!--Miss Carosella

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Courage to be Kind

B	I	N	G	O
Leave a thank you note to a parent or grandparent.	Have a family dance party.	Do something kind for your body: Read for 20 minutes.	FaceTime or call a family member that might live far away.	Say "thank you" and "good morning."
Help cook a favorite meal with your family.	Help wash the dishes.	Plant flowers or do yard work with a family member.	Do something kind for your body: Do 10 jumping jacks.	E-Mail or Zoom with a teacher and thank them for helping you out.
Tell a funny joke to cheer someone up.	Draw or color a picture and give it to a family member.	Free Space	Clean your room.	Help your family member or sibling with a chore.
Have a family movie night and make popcorn for the adults.	Read a story to a younger sibling.	Spend 20 minutes talking to your family without any phones/iPads around.	Feed or walk the family pet.	Have a family game night.
Help an adult with a chore (without them asking).	Ask someone how their day was.	Take a family walk.	Do something kind for your body: Take a 10 minute walk.	Set the table for breakfast or dinner.