

A caring person is kind and gives emotional support to others:

showing love and affection

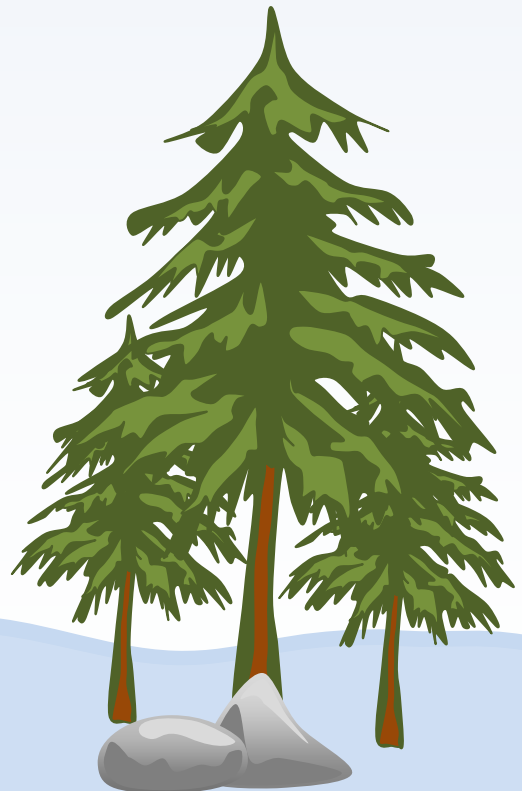
- affectionate: *She was an affectionate child.*
- loving: *He grew up in a loving family.*
- caring: *You're a very caring person.*
- warm: *He had a warm smile.*

So go ahead—make someone's day. Do something kind for someone you care about today. It's the first step to being a more caring person

November: Month of Caring!

Send me photos of projects you are doing this month and we will get them posted on our website!

Happy Thanksgiving to everyone, enjoy family, friends, and food! Show those you love how you care about them!



Important days in December 2021

1 December- World Aids Day

This day is organized to raise awareness about HIV and end this HIV epidemic.

2 December- National Pollution Control Day

This is another of the important days in December 2021. This is celebrated to increase awareness about pollution and its ill-effects. It is observed to commemorate the lives of victims in the Bhopal Gas tragedy.

2 December- International Day for the abolition of slavery

This is organized to make individuals aware of slavery that goes against human rights.

Also read: [World AIDS Day 2020: Who Started AIDS Day? What Is The Significance Of Red Ribbon?](#)

3 December- World day of the handicapped

This day raises awareness about accepting individuals with disabilities.

4 December- Indian Navy Day

This is another important day in December 2021. This is celebrated to throw light on the achievements and role of the Indian Navy.

5 December- International Volunteer Day

This day is observed for celebrating the efforts and works of the volunteers and organizations.

5 December- World soil day

This day is celebrated for raising awareness about the importance of soil and healthy ecosystems.

Also read: [GK Questions March 5th, 2020: National And International Quiz Questions](#)

7 December- Armed Forces Flag Day

This is another of the important days in December that is observed to collect funds from common people and honor the martyrs at the border.

7 December- International civil aviation day

This is observed globally to raise awareness about the socio-economic development of the States and the role of ICAO in international air transport.

9 December- International Anti-corruption day

This is observed to highlight how corruption has a bad effect on health, education, democracy, justice, and development.

10 December- Human rights day

This day is observed to protect the human rights and freedom of all individuals globally.

11 December- International mountain day

This day is celebrated to educate young kids about the role of mountains in the lives of humans.

11 December- UNICEF Day

This day is observed by the United Nations.

14 December- National energy conservation day

This day raises awareness about the need for energy and the importance of energy conservation.

16 December- Vijay Diwas

This day is observed to remember the martyrs and their sacrifices and for strengthening the role of the armed forces.

18 December- Minorities rights day in India

This day is observed for preserving and promoting the rights of the minorities in India.

18 December- International Migrants day

This day is observed to raise awareness about the migrants and the refugees and also about ways to protect them.

19 December- Goa's Liberation Day

Goa was released from the clutches of Portuguese dominion on this day. This is celebrated to commemorate the role of the Indian armed forces that helped Goa receive freedom.

Also read: [World Telecommunication And Information Society Day Images To Share With Loved Ones](#)

20 December- International human solidarity day

This is observed to show the importance of unity in diversity.

22 December- National mathematics day

This day is celebrated to commemorate the birth anniversary of mathematician Srinivasa Ramanujan.

23 December- Kisan Diwas

This day commemorates the birth anniversary of former Prime Minister Chaudhary Charan Singh.

24 December- National consumer rights day

This day is observed to provide awareness about the rights and responsibilities of the consumers.

25 December- Christmas

This is celebrated to commemorate the birth of Jesus Christ.

25 December- Good governance day

This day is observed to celebrate the birth anniversary of Prime Minister Atal Bihari Vajpayee. This day raises awareness about the accountability of a government among the Indian citizens.

31 December- New Year's Eve

As per the Gregorian calendar, this day is celebrated to observe the last day of the year.

Wellness: How to Foster Leadership and Resilience in These Times

The closing keynote speaker was renowned writer, leader, teacher, coach, and podcaster Elena Aguilar. After leading the audience in a land-gratitude moment, where she expressed her thankfulness for the people and animals that inhabited our land before us, Aguilar acknowledged all of the stressors that have occurred over the past 18 months and reminded us that we all have resilience to weather the storm that has battered us. She gave 12 strategies to build resilience:

1. **Self-talk:** Tell yourself, "Right here, right now, everything is OK."
2. **Feel your body:** Do a body scan. Notice if you are hot or cold. Move your body.
3. **Breathe:** Breathe slowly. Learn the science behind the power of breathing. For the most effective cleansing breath, exhale longer than you inhale.
4. **Recognize, name, and accept your emotions:** Consider your emotions as friends. You can invite them in to talk for a while or ask them to stay away. Listen to them. Learn from them.
5. **Stay connected:** Be sure to connect with friends or staff. You don't want to suffer from a "loneliness pandemic." Ask yourself: Who can I connect with who will be nourishing to my soul?
6. **Take care of yourself:** Sleep, eat, and exercise. Ask yourself: What is one tiny thing I can do today to help myself?
7. **Practice perspective:** Look at the lives of other people who have perhaps suffered. You don't need to diminish your own suffering. Use "and," as in, "What they went through was hard AND what I am going through is hard, too."

8. **Be kind to yourself:** See strategy No. 1.
9. **Distract yourself:** Use a healthy distraction like reading, cooking, or even binge-watching shows on Netflix. You get bonus resilience points if you create something as a distraction.
10. **Look for bright spots:** Our brains are designed to latch onto negative thoughts. Ask yourself: What has been one bright spot in my day?
11. **Practice gratitude:** Practice gratitude for yourself, for others, for anything.
12. **Practice “maybe”:** Remember that what is occurring now is not the end of the story. “Maybe” there is more.

During times of crisis and uncertainty, Aguilar argued, leaders need to be courageous, responsive, and emotionally attuned to others. School administrators can do this if they make sure their “resiliency tank” stays full. These 12 strategies will help.

Focus on Relationships

Let’s be honest. We work harder for those we know care about us or those with whom we have a relationship. If we don’t spend the time getting to know our students, the rest of the year will be fruitless. We have to show them that we care, and this has to occur daily. Are you greeting students at the door by their names? Are you engaging in authentic conversations with students during class, during passing time, or when they arrive at school? If you aren’t, now is the time. Spend the first few weeks building a strong sense of community within your class. The time you spend upfront on this will pay off as the year progresses. If this isn’t in your wheelhouse of skills, try working on a simple community-building activity at the start of each class period to get you going.