

November Parenting Tips

Week of November 4-8

Mindfulness

I am present and fully engaged in the moment.

- ❑ Make Monday marvelous with music! Start your day by listening to your favorite song. Close your eyes and focus on the lyrics. Feel the energy of the music. Is it happy? Sad? Upbeat? Let the music be the start of your marvelous Monday!
- ❑ Find a rainbow in every room. Rainbows always make everyone smile. Capture the excitement of seeing a rainbow wherever you are. Find a comfortable seat and focus on your breath. Begin to look around the room and find every color of the rainbow. A **red** book. The **orange** carpet. A **yellow** pencil. The **green** plate. A **blue** folder. An **indigo** hairbrush. A **violet** flower. Rainbows are everywhere! What do you see?
- ❑ Put on your favorite sweater and go for a walk as a family. As you walk, notice the leaves on the sidewalk. What colors do you see? How many leaves are still in the trees? Notice the sounds the leaves make as they rustle in the trees or move across the sidewalk. How does this fall weather make you feel? Excitement? Joy? Fear? Happiness? There are as many emotions as there are leaves and it's ok to feel and share them all.

Week of November 11-15

Strength of the Week:

Gratitude

I appreciate the good things that happen to me.

- ❑ On Veteran's Day honor those who served in the Armed Forces by giving thanks for their service. Do you have a family member who is a veteran? If so, call them or write them a letter showing your appreciation.
- ❑ Was someone kind to you today? Did a friend make you laugh? Did a teacher help you with your homework? Did someone hold open a door for you? Let them know how grateful you are for their kindness. A simple thank you or a returned smile can make a big difference in someone's day.
- ❑ I am grateful for...
Your kids experience SO many things during their day. It's like a roller coaster that doesn't end when they get home. Take a moment to share something that you are grateful to have experienced that day.

Week of November 18-22

Strength of the Week:

Self-Awareness

I am aware of my own self and my own feelings.

- ❑ Discover your strengths. There are 24 unique strengths inside you! Knowing your strengths helps you know yourself better. <https://thecharactereffect.org/parents/>
- ❑ You come across a giant pile of fresh leaves in your neighborhood, at school, or the park. What is your immediate thought? Jump right in? Run through them? Kick them around? Take a moment to be aware of your thoughts and feelings and how they dictate your actions.

Week of November 25-29

Strength of the Week:

Appreciation of Beauty

I appreciate the beauty in the world around me.

- ❑ Decorate for Thanksgiving! Download our Turkey Time activity and let your creativity shine! Spend time as a family to make colorful, fun decorations (and also share what you are grateful for!) <https://beechacres.org/wp-content/uploads/2017/11/Turkey-Time-Final-JPEG.jpg>
- ❑ What is more beautiful on Thanksgiving than the FOOD? Before you dive into that Thanksgiving meal, take a moment to appreciate how the food LOOKS before you're mindful of how it TASTES. What colors do you see? Notice the golden brown turkey, the yellow butter, and what color is cranberry sauce, exactly?
- ❑ Stare at the stars.
Tonight, before bed, step outside your routine and outside your house to enjoy the night sky. What do you see? Is it cloudy or clear? Be aware of your breath as you notice the stars, the moon, and the clouds. Now, get to bed! It's cold outside!