

# Family Engagement Challenge

## May Parenting Tips

### Week of May 4

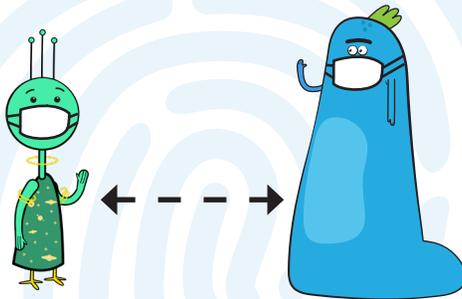


#### Strength of the Week:

##### Hope

I feel positive when I think about the future

- Need a dash of hope? Try watching *Some Good News* with John Krasinski on YouTube as a family. WARNING: You may cry happy tears.
- Make a mental "Hope Chest," what happy thoughts will you fill it with throughout the day.
- Your family is part of history right now and staying home is a significant step of hope. The impact is beneficial for everyone.



### Week of May 11



#### Strength

##### Celebration!

#### Celebration of Bravery

You've gotten used to "Social Distancing." Now try distancing yourself from any negative or scary emotions you're feeling. When you feel emotions, remember they will pass. Be kind to yourself.

#### Celebration of Perseverance

Another school year is ending, but maybe not the way you expected. But you made it! Your strengths of perseverance and self-control have brought you through many trials.

#### Celebration of Mindfulness

When you are in the present moment, you are more aware of the feelings of others. Continue the practice of mindfulness, it helps to build compassion and empathy for others.

### Week of May 18



#### Strength

##### Celebration!

#### Celebration of Forgiveness

Summer is almost here! As the season changes, why not take the opportunity to forgive someone in your life?

#### Celebration of Love

Spread love around like peanut butter. It's a healthy food with substance and it sticks to you!



#### Celebration of Kindness

Find a cause or organization your family believes in and see how you can help them (virtually!)



### Week of May 25



#### Strength

##### Celebration!

#### Celebration of Teamwork

Try thinking about your family as a team. You all have different strengths and when one is struggling the others need to put on their rally caps!

#### Celebration of Gratitude

You may have to teach your kids to feel grateful. Try stating out loud what you are grateful for... a spring bud on a plant, a deep breath or food to eat.

#### Celebration of Friendship

Go through your contact list and email or text an old friend... let them know you are thinking of them.

