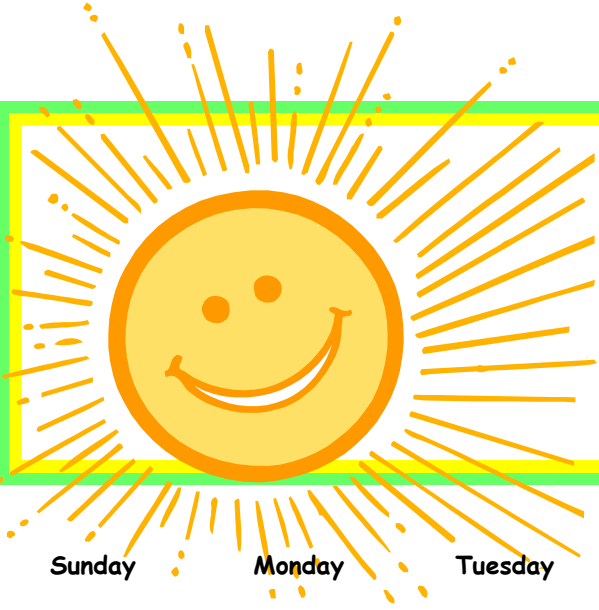


Rays of Resilience

a Sunshine School Calendar

November 2019



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Happy Thanksgiving! This month offers many opportunities to build resilience in your child, from reaching out to distant family members or creating special meals together to learning how to manage all the stress that comes from budget struggles and potential conflicts. It's a perfect time for everyone to recall how good it feels to be grateful for small things. Gratitude can lift the weariest hearts and help everyone see the goodness all around us.

1 Take some time to plan your holiday meal. Ask family members what their favorite dishes are and then add something new, too.

2 Rituals (like eating certain special foods each year) help build attachment and security.

3

4

Fundraiser delivery!

5 Dessert Fundraiser Pick-up Day! Come get your goodies!

6 Visit the Book Fair tomorrow! Proceeds help our school!

7 Parent-Teacher Conferences 7am-7pm

8

Book Fair!

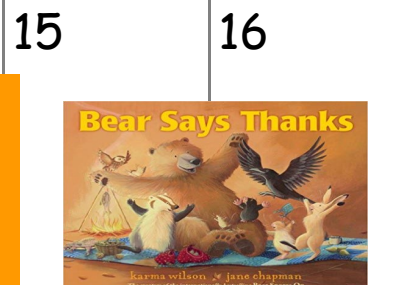
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Notice seasonal changes together. How do the trees look now? How has the light changed?

10 Kids love to cook with you! Give them simple tasks like sprinkling toppings or adding and stirring ingredients while you are together in the kitchen.



Create a "Thankful Pumpkin" with a pumpkin and markers. Once a day write new things the family is thankful for on the pumpkin. Use as your Thanksgiving centerpiece!



17 Create a Thanksgiving dinner ritual—prepare name tags and ask everyone to write one thing they're thankful for on the back. Share!

18 Emailing family can help kids understand the connection between reading, writing and electronic communication.

19 A few crayons and some Thanksgiving coloring pages will help kids stay longer at the table.

20 **21** **22** **23**

Gratitude and Science! When we express gratitude and receive the same, our brain releases chemicals responsible for regulating our emotions, and they make us feel "good." They enhance our mood immediately, making us feel happy from the inside. **HAPPY Thanksgiving!**

24 Have a kid-friendly movie on hand! *A Charlie Brown Thanksgiving* is fun for this week.

25 Visit the library together this week. A book stack is great for the "I'm bored" times.

26 Traditions don't have to be complicated. If your family watches football together, that counts!

27 You might add a round of real football or game of catch during half time!

28 Happy Thanksgiving!

29 Resume bedtime routines to prepare for Monday.



Thanksgiving Break

