

# Family Engagement Challenge

## March Parenting Tips

### Week of March 1



**Strength of the Week: Mindfulness**

I am present and fully engaged in the moment.

- ❑ Blowing bubbles can be a fun way to discover mindful breathing. Show your child(ren) how to breathe in through their nose and try to fill up their chest and belly. Then, slowly breathe out through their mouths, releasing the air to fill the bubble. What kind of breaths make the biggest bubble? Be safe and don't share wands!
- ❑ The next time you are feeling a strong emotion, it's okay to acknowledge it by bringing it into focus. Assign it a color and remember what you assigned. Notice what happens to the emotion when you make it clear in your thoughts. You Got this!
- ❑ Take a mindful sensory walk to wind down. A mindful Sensory walk means to walk and notice the sensations in your body, feet, ankles, legs, thighs, and heartbeat.

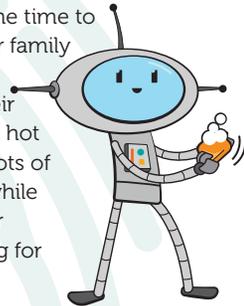
### Week of March 8



**Strength of the Week: Zest**

I approach daily life with energy and excitement.

- ❑ Don't let bad news or other distractions keep you from having fun with your child(ren)!  
 "Zestfully me is what my child(ren) will see!"
- ❑ You're not fully clean unless you're..." you may have heard the jingle. With everything in the news lately take the time to be sure your family is zestfully washing their hands using hot water, and lots of soap suds while singing your favorite song for 20 seconds.
- ❑ Want a boost of zest? Plan an afternoon outside, go on a family walk or fly a kite or ride your bike. Sounds exhilarating!



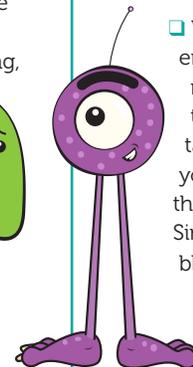
### Week of March 15



**Strength of the Week: Teamwork**

I like being part of a team and doing my share.

- ❑ Jigsaw puzzles can be inexpensive and can foster teamwork among your family or friends especially when you are bored and can't leave the house. "Find all of the edges! "I've got a corner!" "Anyone else have the other side of this..."
- ❑ Try thinking of your family as a team. What name would you give your team? You all have different strengths and when one is struggling, the others need to put on their team cap that says, "We Got This!"
- ❑ Even interacting with just one other person can be teamwork. Teamwork skills include listening, compassion, and kindness. When you see these skills being used by your child(ren), strength spot them with positive praise!



### Week of March 22



**Strength of the Week: Mindfulness:**

I am present and fully engaged in the moment.

- ❑ Breathe in through your nose for the count of 4, hold it, then breathe out through your mouth for a count of 7. Now think about your week. What challenges did you face and what success can you name? Now smile, and tell yourself, "I've got this!"
- ❑ Create a mindful family challenge and invite other family members outside of your home to join in. Set an intention to do the S.T.O.P. exercise every day, or plan a moment each day to do nothing but breathe.
- ❑ When you feel over-energized, take a few mindful moments throughout the day: take a breath in through your nose and exhale through your mouth. Simply, smell the flower, blow out the candle!

### Week of March 29



**Strength of the Week: Perspective**

I can see other people's point of view and offer good advice.

- ❑ Having empathy is the ability to notice what other people are feeling. It is important to developing the strength of perspective. Read the book or watch a YouTube reading of *Stand in my Shoes* by Bob Somson together as a family. Discuss what it means to "stand in my shoes" and to be able to understand other people's perspectives.
- ❑ The world is made up of every color of the rainbow. Get some paper, crayons, colored pencils, or markers and make your own rainbows. Take this opportunity to discuss how diversity makes the world more interesting, the community stronger and our culture richer.
- ❑ Have you ever thought about a bug's life? Think about the conveniences you have as a human. You may be able to reach the door handle, turn off the light switch, or turn on the water faucet to wash your hands before getting a snack out of the fridge. Now, imagine you're the size of an ant! What would be different? What difficulties would you encounter? How will you keep yourself from being stepped on?!