

Family Engagement Challenge

February Parenting Tips

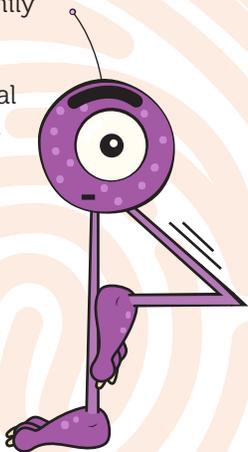
Week of February 1



Strength of the Week:
Bravery

I take on challenges and speak up for what is right.

- ❑ Next time you watch a movie with your family, name three characters with the character strength of bravery. What made them brave?
- ❑ When celebrating your child's accomplishments, instead of saying 'great job' or 'good job', try replacing it with the word brave. "It was brave of you to try a new food." "It was brave of you to speak in front of your class."
- ❑ Encourage family members to set an intention to accomplish a goal that makes them a little nervous.



Week of February 8



Strength of the Week:
Mindfulness

I am present and fully engage in the moment.

- ❑ Discuss with your family how to listen to each other's conversation without thinking about what they are going to say next. It is a great exercise with friends too!
- ❑ Take a walk and notice five (5) things with four (4) of your senses. Practice being silent while walking.
- I **Hear**... birds chirping, dogs barking, sirens, cars.
- I **See**... a tight parallel parking job, cool rocks or public art, squirrels scurrying.
- I **Smell**... food being prepped, snow coming, gas from a car.
- I **Feel**... gravel under my shoes, bumpy bark on a tree.

Mindfulness doesn't mean you have to be happy all of the time. **Take a moment to be true to your present emotion.** Talk with your child(ren) about their present emotions and yours. Each person can share why he/she may be feeling a certain way.

Week of February 15



Strength of the Week:
Fairness

I believe everyone should have the same opportunities.

- ❑ It's important to have a conversation with your child(ren) about the strength of fairness. Take a moment to share with your child(ren) a time when you realized you treated someone unfairly.
- ❑ It can be hard to understand that fair does not mean the exact same or equal.
- ❑ Next time there is a "sibling spat" in your home and you hear "THAT'S NOT FAIR!", explain the concept at a calmer moment later.
- ❑ Everyone has felt they have been treated unfairly. Ask your child(ren) to share when they were treated unfairly. See if they can come up with an idea that would have been a fair solution.

Week of February 22



Strength of the Week:
Forgiveness

I believe that everyone deserves a second chance.

- ❑ Role model an example of forgiveness when someone cuts you off or takes your parking spot.
- ❑ Help turn the song lyric "Let It Go" into a life lesson for your kid(s). Ask your to child(ren) to think of a person they are angry with...and "let it go" with a big exhale of forgiveness and kindness.
- ❑ Practice forgiveness by replacing the memory of a negative thought of someone with a positive thought of that same person.

How did that make you feel?

