

November Monthly Home Playlist

Hi, [child's name]'s family,

Take a few moments to talk with your family members about what you love about them! You might be surprised to hear about all of the ways your child feels and appreciates your love. Sharing what we love about each other helps build confidence and strong family bonds. If you have an infant or a younger child, tell them what you love about them!

Try This!



MODELED MOMENT I Love My Family Because...

<https://tinyurl.com/vp6xzvfp>

▶ Tap here to play.



Give each family member a few sheets of paper. Any type of small scrap paper will do! Each person should write down several reasons why he or she loves your family. For example, what do you love to do together or for one another? Place all the papers into a bowl and draw them out one at a time. Read them out loud and try to guess who wrote each one!

Why It's Important

Research tells us that when children feel connected and loved they are more confident, resilient, and ready to learn. Thinking about our family and what we love about each person builds self-awareness and strong family bonds.

Not Ready Yet

Have your child tell you what is special about each member of the family. Write down everything that's mentioned, and encourage your child to illustrate it with pictures!

Need a Challenge

Have your child share a special day or memory from your family. What happened? Who was there? Encourage your storyteller to write it down and share the story with others.

Journal/Talk

Draw a family portrait together. Include things that make each person special. Label your portrait.

Book Recommendations

My Family/En mi familia by Carmen Lomas Garza

Extend the learning

Extend this activity to other areas of your life to practice thankfulness and deepen your child's sense of belonging. Try naming reasons you are grateful for your child's school, sports team, or extended family.

More Fun at Home



EBOOK

What's Your Sport?



MIGHTY MINUTES®

Change the Name Game

1. Write the chant on a sheet of paper. Recite the chant using your child's name and adding action words that begin with the same letter.

[Silly] [Sam] likes to [skip]
He can [skip] all day!

2. Invite your child to think of action words that start with the same letter, e.g., shake, stomp, sleep, and slither.
3. Read the chant again and invite your child to perform the action.

Something to Consider

When children feel valued as an important part of a community, they are more secure and develop a sense of responsibility. Talk about your family as a community. What can the members of your family do to help each other feel loved and appreciated? Celebrate when your child helps others and encourage her to find ways to help throughout the day!