


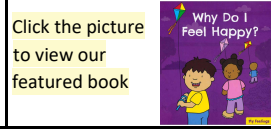


November

Activity Calendar

Thankful

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant Calendar Translated by: Manuela Rodriguez   						1. This month is all about being thankful for family, friends, fun, and food! Let the thankfulness season begin!
2. FAMILY 	3. Before bed each night, sit as a family and each member tells another member something they are grateful for about them or for something that they did that day!	4. On a small whiteboard, write a short message each night to a family member thanking them for a kind act. Then, read the message from the "Thankful Fairy" each morning!	5. If you don't already do this, start taking family pictures TODAY! Print the pictures and write the family members in the picture and the date on the back. These will become priceless memories!	6. ACTIVITY PAGE "And the award goes to..."	7. You've heard of a family tree, right? Well, why not plant your own family tree?? Choose a small tree of any kind from your local nursery, and choose a place to plant it as a family!	8. Weekend Wrap-Up Take a trip with your family to your local library and check out some books on families and friends, fun things to do, and food to enjoy reading this month!
9. FRIENDS 	10. You can be a friend to people you don't know. Take your child to volunteer at a local food bank, fill a backpack with school supplies, and donate it to a school!	11. Prepare for future gifts from friends by making "thank you" cards! Your child can draw pictures or stamp smiley faces on index cards to give to friends to say thanks!	12. Challenge your child to say "thank you" to at least one friend each day, for holding a door or sharing a toy! At the end of the day, ask them which friend they said thank you to and why!	13. ACTIVITY PAGE "High-Five T-shirts!"	14. Take your fingers to your chin and then pull them down. That is sign language for "thank you". Teach them to your child so they can communicate thank you to all of their friends!	15. Weekend Wrap-Up If possible, plan a fun day with your child's friends and their families. Perhaps a picnic, going to see a movie, or just a day at a park!
16. FUN 	17. It's Music Monday! Put on your child's favorite tunes, bring out the microphone, and invite family and friends for some fun karaoke!	18. Terrific Tuesday has everything from board games to freeze tag! Basically, anything that puts smiles on everyone's faces!	19. Wacky Wednesday is for fun and laughter! Tickling, joke-telling, making funny faces, and more are encouraged today!	20. ACTIVITY PAGE Why Do I Feel Happy 	21. Have a freaky, fun Friday by doing everything backwards! Dessert for breakfast (add some whipped cream to waffles and eat dinner in your pajamas! So much fun!	22. Weekend Wrap-Up Plan a weekend full of fun family activities, whether hiking, watching movies, or reading books. Whatever is fun for your family goes!
23. FOOD	24. Anytime your family sits down for a meal, have a "please and thank you" rule whenever someone asks for anything at the table.	25. Sing this before every meal: "I am thankful for this meal; that is how I really feel. Good food makes us strong. Good friends sing along. I am thankful for this meal!"	26. Find out if any food banks will allow your child to come with you to volunteer time to stock shelves or distribute food in your community.	27. ACTIVITY PAGE Thankful Placemats	28. Teach your child to take a "no, thank you" bite when offered new foods. They take one small bite, and if they don't like it, they will kindly say, "No, thank you!"	29. Weekend Wrap-Up Take your child to your local humane society to donate canned or bagged food for the animals. You might even play with some puppies while you are there!
30.						



And the Award Goes To...

All your family members deserve an award so help your child make them! You will need toilet tissue rolls, torn colored tissue paper or wrapping paper, glitter, glue, and some letter stickers. Let your child squeeze glue on a toilet tissue roll and then place pieces of tissue paper or wrapping paper all over the roll until it is covered. While the glue dries on the pieces of paper, help your child pick the letter stickers of the family member's name and place them on the top rim of the toilet paper roll. Finally, squeeze small dots of glue on different spots on the tissue paper, sprinkle glitter, and then shake the excess glitter off. Now, it's time for the award ceremony. Each family member is handed their award and told why they received it. Whether it is "daddy" for telling the best jokes or "sister (say her name)" for sharing her toys, everyone will receive an award to proudly display somewhere in your home!





High Five T-shirts

Invite some of your child's friends over and ask them to bring a plain white t-shirt with them. To prepare for this activity, pour different colored fabric paint onto paper plates. When your child's friends arrive, ask them to put on their t-shirts and then head outside! Place the paper plates with paint on them on a table or on the ground. You will call out a color and every friend will place one of their hands in the paint and hold the hand up high. Then, call out, "Place your handprint on the friend's shirt who always makes you laugh." Each friend will place their handprint on another friend's t-shirt, anywhere they want and then wipe off their hand with a baby wipe. Continue this activity with statements like, "Place a handprint on the friend's t-shirt that makes you feel better when you are sad OR that likes the same movies as you do OR has a beautiful singing voice!" Continue as long as you like and there is only one rule— all friends must be chosen at least once! At the end of the day, every friend will have a "high five" t-shirt and they can look at each color and know why their friends love them so much!





Why Do I Feel Happy

Dr. Lucie Pentz

What is better than seeing your child laugh or have a big smile on their face? Well, this book will help you dig deeper to find out what made those smiles so big and that laughter so loud. Why does your child feel so happy! Read this book with your child and spend time on each question that is presented in the book which are great conversation starters about what makes you and your child happy! Refer to this book when your child seems happy about something that is happening in their life- going to a fair, opening a birthday gift, or any other event that brings a smile to your child's face. When something makes you happy, share what has happened to make you feel this way. This book reminds us that there doesn't always have to be a big event or an activity that took place to have a significant moment in your child's life. Sometimes, just living life and then having conversations about feelings that came up on any particular day is enough to make a difference in your child's life!



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Thankful Placemats

Place large sheets of construction paper, glue or glue sticks, magazines, and family pictures on a table. Ask your child to tear or cut out pictures from the magazines of things they like and are thankful for- foods, games, animals, toys, etc. Then, let them go through family photos and pick out the ones that they liked the most! Tell your child to glue the pictures and photographs on the piece of construction paper, allowing pictures/photos to interlap each other. The goal is to fill the entire piece of construction paper with pictures and photographs of things and people they are thankful for. Once the paper is full, you will need a roll of contact paper to cover the construction paper to secure it so it can be cleaned off in case any food or liquid drops on the placemat. Now, your child has a placemat to put under their plate when eating a meal. Your child can look at their placemat when they are eating and be reminded of all the things they are thankful for!

