

# Family Engagement Challenge

## April Parenting Tips

### Week of April 5



**Strength of the Week: Sense of Meaning**

I am discovering my purpose and place in the world.

- ❑ Sense of meaning can be a tough strength to help child(ren) understand. Help them understand their place in the world by asking them 'who do you want to be when you grow up?' and 'what type of person do you want to be?'
- ❑ There is so much to learn about the universe when you use your strength of curiosity. Here's a challenge for you. Learn more about something you're interested in. How can your involvement make a difference in a positive way?
- ❑ Consider all the ways you enjoy water and how essential it is to our well-being. It has so many purposes and can be so much fun! Did you know all of the water on earth has been recycled and has traveled to places to help all living things on the earth! How can you appreciate water more? Shorter showers? Finishing that water bottle you filled up for school? What will you do?

### Week of April 12



**Strength of the Week: Mindfulness:**

I am present and fully engaged in the moment.

- ❑ Next time you go to the grocery store, stand in front of the fruit and vegetable section. Look over the section with your eyes. What are you naturally drawn too? What is it about that fruit or vegetable that interest you?
- ❑ Go for a walk as a family. As you walk, notice the leaves forming on the trees. The season is changing, take notice of what you can see, hear, smell and feel. Share what you notice with each other.
- ❑ Mindful eating anyone? Have your child(ren) cover his/her eyes for a taste test. See if they can guess the food. Is it sweet, sour, or salty? Different parts of the tongue are sensitive to different taste! Watch out for hot and spicy foods!
- ❑ Test time?!?! Whether it's exams, standardized testing, or that "pop" quiz, testing brings with it a certain level of anxiety. Help your kids manage their test anxiety with some mindful breathing or relaxation techniques.

### Week of April 19



**Strength of the Week: Appreciation of Beauty:**

I value and respect the unique qualities in everything I see around me.

- ❑ As we move into Spring, ask your child(ren) what changes they notice taking place around them? Are the days shorter or longer? What is the dominant color of flowers blooming? What is the dominant smell in the air?
- ❑ What is more beautiful than a fruit bowl with fresh pineapples, grapes, blueberries, strawberries, oranges, cantaloupe, honeydew melon... we love it all! Imagine you're about to dive into the fruit bowl. Take a moment to appreciate how the fruit look in the bowl with all the brilliant colors. Imagine the smell of the fruit aroma and then imagine yourself mindfully eating the fruit and how the juices taste in your mouth. WOW!
- ❑ Stare at the Stars! Tonight, before bed, step outside your routine and outside your house to enjoy the night sky. What do you see? Is it cloudy or is it clear? Be mindful of your breath as you notice the stars, the moon, and the clouds. What sensations does star gazing awaken?

### Week of April 26



**Strength of the Week: Humility:**

I let my accomplishments speak for themselves.

- ❑ Today you have a top secret mission. Do a intentional act of kindness for someone. Keep this moment of #Kindness to yourself. Shhhhhh.
- ❑ One way to teach your child(ren) humility is to not only celebrate their achievement, but to explore the work that went into it. Reflecting on the journey including the little wins, and especially the stumbling blocks they encountered along the way will help them appreciate and value their achievement.
- ❑ A building block to the strength of Humility is to practice Gratitude. Something as simple as saying "thank you" is a way to begin to build this strength.

