

# Family Engagement Challenge

## May Parenting Tips

### Week of May 3



**Strength of the Week:**  
**Mindfulness:**  
 I am present and fully engaged in the moment.

❑ **I'm home!** After a busy day at school, what's the first thing your kids do? Take off their shoes and leave them by the door or front hallway? Collapse on the couch and hop on their phones? Instead, encourage them (and yourself) to take a mindful minute right after entering the house. Try stopping and taking three deep breaths to calm everyone's mind.

❑ One of the most valuable gifts you can give another person is the FULL PRESENCE of YOURSELF! When you are in a conversation face to face or electronically, pause and take a few mindful breaths as you listen intentionally.

❑ **Breathe** in the word – **Love**  
 Exhale the word – **Hate**  
**Breathe** in the word – **Kindness**  
 Exhale the word – **Selfishness**  
**Breathe** in the word – **Gratitude**  
 Exhale the word – **Criticism**

Notice the sensation of the different words in your body. Repeat this mindful minute by breathing in Love and Kindness as you go about the day.

### Week of May 10



**Strength of the Week:**  
**Honesty:**  
 I am open and truthful.

❑ **Family strength spotting time!** Let's admit it's hard to tell the truth sometimes. So, make sure to celebrate someone in your family who used their strength of Honesty to tell the truth about taking more pieces of candy than they were supposed to take or watching a movie/show they were not supposed to watch.

❑ If we're being honest, sometimes it's hard to tell the truth. Especially about difficult things. Let your child(ren) know you are always there to support them, no matter what they have to tell you.

❑ As a family, discuss how you can be honest without hurting other's feelings.

### Week of May 17



**Strength of the Week:**  
**Leadership:**  
 People value my opinion and look to me for direction.

❑ Leaders are great listeners. Who in your family have you noticed is a good listener? Strength spot their Leadership when you see them actively listening.

❑ A great leader is also able to follow instructions. What other strengths compliment Leadership to make people want to follow you at school and at home?

❑ **Mindful Leader**, encourage the family to "Take 5". Throughout the day take 5 deep breaths to refocus when needed. Inhale through your nose. Exhale through your mouth. Repeat 5 times. You got this!

### Week of May 24



**Week of May 24**  
**Mindfulness:**  
 I am present and fully engaged in the moment.

❑ When your family is feeling worried, take a moment to acknowledge these feelings.

❑ Take a few mindful breaths. Notice where the feeling of worry is in your body.

❑ Pay attention to the physical changes that are taking place in the life of your child(ren) and yourself as the season changes. Pick one change to appreciate and show gratitude.

❑ Take a ride on a swing in the park or playground. Social distancing is still recommended.

Swinging can awaken your vestibular system which helps with coordination and balance. Whee!

