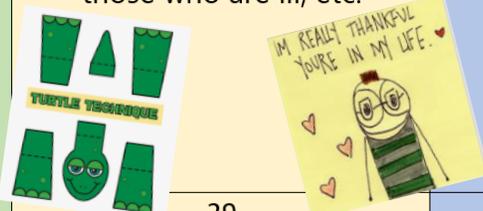


April Connection Calendar

Mindful Moment Monday	Tucker Turtle Tuesday	Wish You Well Wednesday	Thankful Thoughts Thursday	Family Focus Friday
<p>13</p> <p>Find a quiet spot in the house to Take 3 deep breaths. Tell yourself, "I'm safe. I can handle this. We will get through this together."</p> 	<p>14</p> <p>Explore characteristics of turtles & what they do when there's a problem (tuck in shell) Make a "Tucker Turtle" and talk about things that make you want to hide inside. Read Tucker Turtle Takes Time to Tuck & Think</p>	<p>15</p> <p>Give a big hug or high 5 to someone in your home and wish them well!</p> 	<p>16</p> <p>"Thankfulness Challenge" at dinner and list all the things you and your family are thankful for. Repeat the challenge often and add to your list.</p> 	<p>17</p> <p>Play "Family Favorites Charades" by listing activities your family loves on strips of paper and place them in a bowl. Take turns choosing a strip and acting the activity out.</p>
<p>20</p> <p>In the same quiet place, practice STAR breathing together. Smile, Take a Deep Breathe, & Relax.</p> 	<p>21</p> <p>Practice Tucker Turtle Technique</p> <ol style="list-style-type: none"> 1. Recognize your feeling 2. Think "Stop" 3. Tuck inside your "shell" and take 3 breaths 4. Come out when calm and think of a solution 	<p>22</p> <p>Make a wish well wall and put up sticky notes for those you are sending well wishes to such as doctors, nurses, those who are ill, etc.</p> 	<p>23</p> <p>Draw the things you're most thankful for and post them around the house.</p> 	<p>24</p> <p>Have a video chat with an elderly relative or any relative you haven't been able to see.</p> 
<p>27</p> <p>Try buddy breathing by inviting your child to grab a stuffed animal to place on their tummy while they lay down and take slow breaths.</p>	<p>28</p> <p>Read Tucker Turtle Family Book Encourage your child to act out feelings using a puppet or toy.</p>	<p>29</p> <p>Think of a friend that you miss playing with. Call, facetime or text them to let them know you are thinking about them and wish them well.</p>	<p>30</p> <p>Make a thank you card or drawing and leave on your door for delivery people and couriers.</p> 	<p>1</p> <p>"Kindness Challenge" Challenge family member to do a certain number of kindness acts that day for each other.</p>

Be sure to review the previous weeks connection & build on it each week.
Enjoy each moment along the way!
If you need support, reach out, we are here for you!

