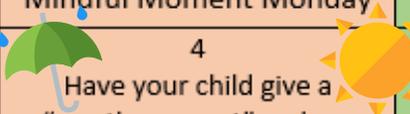
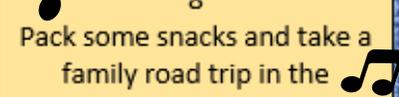


# May

Mindful Moment Monday	Tucker Turtle Tuesday	Wish You Well Wednesday	Thankful Thoughts Thursday	Family Focus Friday
<p>4</p> <p>Have your child give a “weather report” on how they’re feeling. “I’m sunny with a beaming smile.” “I’m sad with raindrops coming down.”</p> 	<p>5</p> <p>Take a picture &amp; make a visual of your child completing the 4 Tucker Turtle Steps. Read <b>Tucker Turtle Takes Time to Think at Home</b> together.</p> 	<p>6</p> <p>Do something kind for someone in your family and wish them well.</p> 	<p>7</p> <p>Thankful Categories – take turns choosing a category and naming 3 things in that category you are thankful for. For example: foods, friends, colors, toys, etc.</p>	<p>8</p> <p>Pack some snacks and take a family road trip in the driveway! Roll down the windows, turn up the tunes and eat your snacks in the car</p> 
<p>11</p> <p>Press the pause button together during a tense moment and take deep breaths together. Then discuss how each of you are feeling in that moment.</p> 	<p>12</p> <p>Describe how your child’s face looks (“your lips curl up right here when you smile”). Take pictures of your child making different feeling faces &amp; share with them. Laugh together.</p> 	<p>13</p> <p>Draw Wish Well messages with chalk on your sidewalk/driveway for neighbors to see.</p> 	<p>14</p> <p>Take a “Thankful Walk” together and take turns sharing things you are thankful for.</p> 	<p>15</p> <p>Come up with a family song to help each other hit the 20 second mark while washing their hands.</p> 
<p>18</p> <p>Sit down with your child and “color” your feelings together naming an emotion with each new color.</p> 	<p>19</p> <p>Draw a picture with your child about a time that was tough for them. Then draw a picture of a solution they used to handle the situation. Be sure to celebrate that they did it!</p>	<p>20</p> <p>Sit out on your front porch to wave and send well wishes to those who drive by.</p> 	<p>21</p> <p>Make thank-you cards or drawings and deliver them to your local hospital or grocery store.</p> 	<p>22</p> <p>Start a family diary and write/draw about your memories together during this time.</p> 
<p>25</p> <p>Choose different muscles to tense/squeeze for 5 seconds and then slowly release.</p>	<p>26</p> <p>Notice what your child does and tell them. “You opened the door so I could get in the house. That was helpful!”</p>	<p>27</p> <p>Send wish well thoughts to your teacher and classmates throughout the day.</p>	<p>28</p> <p>When you go out for your essentials, thank those who are working.</p>	<p>29</p> <p>Make up a connecting ritual that includes eye contact, touch, presence and playfulness.</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!

