

# Better Together

Work together to reach a goal.

*This month we're challenging students to work together toward a common goal and shared purpose. **We are partnering with you to grow and develop teamwork in your child.** We can do this by modeling gratefulness, acknowledging positive moments, and affirming each other. Use this month's activities to practice working together and celebrate your family as a team.*



## 1 ENGAGE: Grateful for you

I am grateful for you! Create a culture of appreciation and gratitude at home by celebrating the best in each family member all month. What you give attention to grows! On a sticky note or small piece of paper, write one thing you appreciate each day about your child and post it on their bedroom door. Doing this will plant seeds in their heads and hearts to help them see good things about themselves.



## 2 EMPOWER: Walk in My Shoes

Create a culture of appreciation and gratitude at home by celebrating the best in each family member. Have every family member trace one of their shoes, then trade drawings and write three words you admire about that family member on their "shoe." Discuss how each family member brings something great to your family team.



## 3 EXCEL: Pay it Forward

When someone does something nice for you, do something nice for someone else. Doing this is a wonderful way to continue the cycle of gratitude. "Paying it forward" is a way of showing love and kindness to others. It could be something as simple as holding the door open for someone or buying coffee for a stranger. Once a week, share as a family one time you "paid it forward" during the week.

## Conversation Starters

♥ What is the best affirmation or compliment someone has ever given you?

♥ What are some things we are lucky to have but sometimes find ourselves complaining about?

♥ What is your favorite family memory?