

November Insider School-to-Home Connection Edition

Greetings Fly Five families,

November is the month of gratitude. What better way to celebrate than by incorporating an SEL gratitude practice at home with your loved ones? Use the following activities to develop social and emotional learning routines with your child at home that build on the work that is being done with Fly Five in school.

- Create a daily gratitude practice as a family. This could look like writing things you are grateful for on notes to keep in a “gratitude jar,” reflecting at dinnertime, or coming up with a new practice as a family.
- Send thank-you notes to special people in your life! Help your child write and deliver notes of gratitude to family, friends, teachers, or pets they are grateful for!
- Go on a gratitude scavenger hunt! Walk around your neighborhood together to soak up the sights and sounds of where you live. As you wander, list the all things you see and hear that you are grateful for.
- Plant a gratitude garden in honor of the people and places in your life that you are thankful for. Let it serve as a reminder to practice gratitude every day!

From all your friends at Fly Five, we hope you have a wonderful November!

With gratitude,

The Fly Five Team