



THRIVE BEHAVIORAL HEALTH  
MEETING PEOPLE WHERE THEY ARE

# Thriving Families

*During this challenging time, the Thrive team has decided to compile useful resources, tips and activities into a weekly newsletter for Thrive families. Most of these tips and activities are geared to children ages 4–12. We hope this brings you a simple and enjoyable way to stay connected to your family.*

## 5 Dinner Time Prompts

Try these conversation starters at dinner time and see where the conversation takes you!

- If you could be president for a day, what would you do?
- What do you think the President of the U.S. does all day?
- Why do we have a president?
- What other places have a president?
- How many presidents do you think we've had?

### Mindfulness Corner

#### Mindful Posing

Tell your child that doing fun poses can help them feel strong, brave, and happy! Have your child go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.

The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

After, ask your child how they feel after a few rounds of trying either of these poses.

## Don't Stop Celebrating!

Black History Month lasts for the entire month of February so don't stop celebrating! While we often think of activists and black celebrities, there are so many other historical figures to focus on and explore during this month (and always). Listed below are great recourses for you and your child to read and learn about them!

### Black Historical Figures from the Past and Present

<https://www.blackpast.org/african-american-history/people-african-american-history/>

### Black Historical Figures in the LGBTQ Community

<https://www.blackpast.org/pride-uplifting-lgbtq-history-blackpast-org/#1588793969250-7d34e104-3665>

### Famous Firsts

<https://www.history.com/topics/black-history/black-history-facts>

<https://www.blackpast.org/african-american-history/101-firsts-african-american/>

### Children Books to Read

<https://kidworldcitizen.org/black-history-biographies-kids/>

**Black History** Month



# TIME TO CELEBRATE!

## Presidents Day – Monday, February 15

Presidents Day was initially celebrated in 1885 in honor of George Washington. In 1971, the holiday began to celebrate all past presidents and was moved to always occur on the 3rd Monday in February.



### Playdoh Mount Rushmore

George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln are depicted on Mount Rushmore which is located in South Dakota. While, Theodore is not depicted on a coin, another President Roosevelt is so in this activity, we will honor Franklin D. Roosevelt.

**Materials:** 1 quarter, 1 nickel, 1 dime, 1 penny and brown playdoh.

**Instructions:** Using a picture of Mount Rushmore as a guide, press the penny (Lincoln) into the clay at the top of the mountain. Next to the penny press the dime (Theodore Roosevelt). Next to the dime press the nickel (Jefferson). Next is the quarter (George Washington). Be sure the faces on the coins are facing out.

## Red, White and Blue Popcorn

### Ingredients:

- 10 cups of popped popcorn
- 3 tbsp of sweet cream, salted butter
- 3 cups of mini marshmallows
- Red and blue M&Ms
- Red and Blue Pretzel M&Ms

### Directions:

1. Pop the popcorn, salt lightly, and pour in a large bowl.
2. Melt the butter in a medium sauce pan, add 3 cups of marshmallows and stir until marshmallows are melted. Turn off the heat.
3. Pour  $\frac{3}{4}$  of the marshmallow mixture over the popcorn and gently toss the popcorn with a spoon until most of the kernels are covered in mixture.
4. Spread the popcorn on a cookie sheet. Drizzle the remaining marshmallow mixture on top then sprinkle the candy. Allow to cool off and then break apart into pieces to serve.

## 60 Second Presidents

PBS has created fun 60 second videos about past presidents. The one linked below will take you to the video on George Washington. From there, you can explore other presidents, by clicking on their videos. Which one was the most fascinating?

[https://www.youtube.com/watch?v=1-l9WA-55s&list=PLa8HWWMcQEGSCcjr2aoa\\_t0KJIJbUtwSv](https://www.youtube.com/watch?v=1-l9WA-55s&list=PLa8HWWMcQEGSCcjr2aoa_t0KJIJbUtwSv)

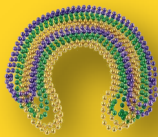


## Graham Cracker Log Cabins

At snack time, give your child some peanut butter and graham crackers. Have them construct Abraham Lincoln's "log cabins" using these materials.

## Kid President

Have your child think about what they would do if they were president. Then have them create a campaign poster depicting all of their qualities.



## Mardi Gras – Tuesday, February 16

Mardi Gras is a tradition which dates back thousands of years. The first American tradition took place in 1699 when French explorers settled near New Orleans. Mardi Gras, also referred to as "Carnival" literally translates into Fat Tuesday. It is a pre-Lenten celebration, mainly practiced by Roman Catholics throughout history. Mardi Gras, here in the United States, will look a little different this year due to the pandemic. All Mardi Gras parades that typically take place in New Orleans have been cancelled for this year. To learn more fun and interesting information about Mardi Gras, check out this short video by National Geographic:

<https://www.youtube.com/watch?v=EklZwXbSh-Y>



## National Random Acts of Kindness – Wednesday, February 17

Here are some ideas compiled from [Randomactsofkindness.org](https://www.randomactsofkindness.org) to participate on Random Acts of Kindness Day on this day or every day!

**Spread Awareness** – Download this printable coloring sheet. Color and post around your community to spread awareness of Random Acts of Kindness Day.

[https://assets.randomactsofkindness.org/downloads/rakday/explore\\_the\\_good\\_coloring\\_page\\_8x11.pdf](https://assets.randomactsofkindness.org/downloads/rakday/explore_the_good_coloring_page_8x11.pdf)

**Kindness Jar** – Decorate an empty jar. Every time you perform, receive, or witness a kind act throughout the week, write it on a piece of paper and add it to the jar. At the end of the week, dump out the contents of the jar and read and reflect on all the kindness that occurred throughout the week. Consider continuing the jar through 2021.

**Love Note** – Write two love letters. One of the letters will be to someone who has made a difference in your life. Write them a letter telling them how they have impacted you and how much you appreciate them and then mail it. The other letter will be to yourself. Write about all of your strengths, your values, and all of the things you have achieved. Save it for yourself so you can read it when you need to hear those words.

**Blessing Bags** – Fill a small bag (or gallon Ziploc bag) with snacks and toiletries. These items can be found at the dollar store. Think of adding socks, gloves, deodorant, a tooth brush, toothpaste, travel size bottles of shampoo and conditioner, etc. Add a kind note or quote to the bag and keep it in your car. Next time you see someone in need, gift the blessing bag to them.

**Random Acts of Kindness Worksheet** – Use this worksheet to help implement simple acts of kindness into your daily routine: [https://assets.randomactsofkindness.org/downloads/rakday/make\\_kindness\\_the\\_norm\\_worksheet.pdf](https://assets.randomactsofkindness.org/downloads/rakday/make_kindness_the_norm_worksheet.pdf)

