



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!

- Would you rather eat donuts or candy?
- Would you rather live on the Moon or live on Mars?
- How did you show kindness or love today?
- If you could, what type of animal would you be?
- Who do you love?

Mindfulness Corner

Breathing Heart

Deep breathing is a great tool that can be used to calm the body, the mind, and even big emotions. Your kids can use it during a difficult moment when they need to pause and calm, too. Have your kid draw a heart on a piece of paper. Then, have them trace their finger on the lines as they take a deep breath in and out.

Continue to Celebrate Black History Month

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 topics to focus on and explore during this month (and always). Listed below are 7 topics to explore. Can you focus on one each day? Read an article or book, watch a video, or create an art project to increase your knowledge.

1. Current black political issues
2. Black mental health
3. Stereotypes and macroaggressions
4. The history and impact of Black culture
5. The history of hip hop
6. African Americans and the vote
7. The Black Family: Representation, Identify and Diversity

While you're expanding your knowledge on Black history and culture, make sure you're armed with the tools and knowledge to discuss racism with your children and family. The article titled "How to Talk About Racism in Your Household" is a great place to start: <https://www.prodigygame.com/main-en/blog/how-to-talk-about-racism/>

HAPPY VALENTINE'S DAY!

We know that Valentine's Day may look a little different this year. Our children won't be coming home with paper bags stuffed with cards and candy, but that doesn't mean you can't still celebrate! We've come up with some fun ways to celebrate Valentine's Day virtually and in true pandemic fashion!

Love You More Poem

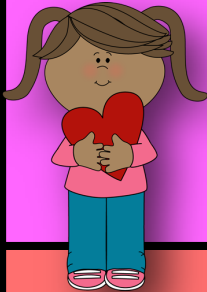
Use this free printable to create a "Love You More" poem to gift to a loved one this Valentine's Day. This is a super fun and creative way to share the holiday with a loved one in a way that is uniquely you!

<https://drive.google.com/file/d/1Vnx41i6GPGC495Xrffz2G4eC1Ky5-y4N/view>



Make Cards

Just because we won't be celebrating in typical fashion, don't mean you can't still make Valentine's Cards. Decorate festive cards or buy store bought Valentine's Day and send them to friends and family or spread them around your community.



Valentine's Day Books

- A Little Spot of Love by Diane Alber
- Love Monster and the Last Chocolate by Rachel Bright
- Love Is by Diane Adams
- Valensteins by Ethan Long
- Love from the Crayons by Drew Daywalt and Oliver Jeffers
- The Dinosaurs Valentine's Day by Jessica Brady
- The Day it Rained Hearts by Felicia Bond



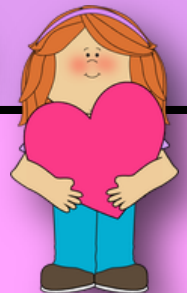
Heart Slime

Supplies:

- 1/2 Cup of Clear PVA School Glue (Elmer's works best)
- 1/2 Cup of Water
- 1-2 TBS of Saline Solution
- 1/4- 1/2 TSP of Baking Soda (more for white glue and less for clear glue)
- Glitter
- Food Coloring
- Heart confetti and sequins, or other valentine's day themes mix-ins!

Instructions:

1. In a bowl, mix water and glue together.
2. Add Baking Soda and stir well. (We have found that white glue generally makes a looser slime while clear glue makes a thicker slime.)
3. Add food coloring and glitter or confetti as desired.
4. Add saline solution, starting with just one tablespoon.
5. Mix well until slime forms and pulls away from the sides of the bowl.



Heart Healthy

February isn't just the month of love, it's also the month of heart health. Challenge your child each today to practice hearth health by setting a timer for 1 minute. See how many jumping jacks your child can do in 1 minute. Each day see if they can beat their previous high score!

Borax Crystal Hearts

Supplies:

- Borax
- Empty mason or recycled jars
- Boiling water
- Pipe cleaners
- Popsicle sticks
- Yarn
- Food coloring (optional)

Instructions:

1. Create heart shapes with pipe cleaners.
2. Attach each pipe cleaner shape onto a popsicle stick with some yarn. This is how your shapes will hang into the borax solution.
3. Fill your jars with hot boiling water and add about 1/3 cup of borax into it. Stir to dissolve. Add food coloring if desired to create colored crystals.
4. Place your hanging hearts in the jar solutions and let set overnight. In the morning, crystals will have formed all around your pipe cleaners, and on the bottom of the jar. Remove and place on paper towels to dry.

