Connection is the Cure

Questions + Activities for Building +
Maintaining Meaningful Self- and Family
Connection During the Coronavirus Pandemic
A love letter from Akoben

Dear Families,

It has been our pleasure to serve your children, their teachers and administrators this school year. We are a team of restorative practices trainers and coaches charged with helping our school partners build and strengthen their communities through sound relationships and effective responses to harm. We are saddened by the pandemic currently rocking our nation and world, but understand that times like these call for deep, meaningful connections and a fierce commitment to keeping our homes safe and filled with joy. We hope the attached packet provides you and your family with plenty of ideas for learning about, laughing with and loving on each other.
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Perception, Connection + Reflection Questions

Use these questions to spark conversations with your children and loved ones. Strive to answer as honestly as possible. Work to deepen your connections. Reflect on your lives together with appreciation and kindness.

For extra intimacy, sit together, knee-to-knee or in a circle with no barriers between you.

Remember to keep an open mind and heart.
Perception Questions

What does my phone wallpaper tell you about me?

What do you think my go-to karaoke song is?

What's my favorite brand of cereal?

Rate my dance skills on a scale of 1-5.

How messy/clean am I?

What compliment do you think I hear most often?

What is my dream job?

What am I sensitive about?

What was/is my favorite subject in school?

Am I approachable?

Am I a morning person or a night owl?

What's my favorite TV show or film?

What would I order at Chick-fil-A?

Who would play me in a movie about my life?

Who is my celebrity crush?

What makes me smile?
Rate my cooking skills on a scale of 1-5.

Would I go camping or glamping?

What's my favorite genre of book?

How do I make the world a better place?

How am I role model for younger people?

If I could change one thing about myself, what do you think it would be?

How are we different from each other?

What seems to give me the most joy?

How good of a friend am I on a scale of 1-10?

What occupation would be a good fit for me?

Would I enjoy living in New York City?

Rate my sense of style on a scale of 1-5.

Am I more funny or more serious?

Do I think before I speak or do I speak and think later?
Connection Questions

Strangers think I'm ________, but I'm really ________.

How am I really doing?

What's the hardest thing you've gone through this year?

What have I taught you about yourself?

Who is your closest friend?

How do you soothe yourself when you're upset?

Have I ever made you change your mind about something?

What's a problem you're facing currently?

What's a feeling you feel comfortable sharing with me?

What's a feeling you don't feel comfortable sharing with me?

What's the most fun we've ever had together?

What's your favorite memory with me?

What would your younger self not believe about your life today?
Connection Questions

Is there anything you wish you could do but can't?

How can our family become closer?

Do you prefer surprise birthday parties or ones you know about?

Tell me about your hopes for your life.

What do you hope for my life?

What's the last good deed you did?

What's your favorite motto to live by?

Who's your hero, dead or alive?

In what ways are you a leader?

What do you love about people?

What drives you crazy about people?

If you had a crystal ball that could tell you anything at all about your life that you don't already know, what would you ask it to tell you?

When is the last time you cried about something? What did you cry about?
Connection Questions

(To adults) Tell me about any pets you had as a child.

(To adults) What chores did you have as a child?

(To adults) What was your favorite indoor/outdoor game to play when you were young?

(To adults) What's the most dangerous thing you've done in your life? How did the adults in your life handle it?

(To adults) What did you want to be at my age?

(To children) Do you ever feel unsafe at school?

(To children) What instrument do you wish you could play?

(To children) What's your favorite Saturday activity?

(To children) How do you go about making new friends?

(To children) Who cheers you on and listens to what you have to say?

(To children) What's one thing you wish I knew or understood about you?

(To children) If you could be parent for one day, what would you change about how our house is run?
Reflection Questions

You've taught me __________ about myself.

What's something you see in me that you think I don't see?

What's my biggest fear?

What would strengthen our connection?

What is one of my strengths?

What's one of my weaknesses?

What's something I should let go of?

How can I be a better parent/child?

Describe me with three words.

What do you most admire about me?

What's my superpower?

Does my social media accurately reflect who I am?

What's one thing I could do to improve my life?

What am I best qualified to give advice about?
Reflection Questions

What's the hardest thing for you to understand about me?

What do we have in common?

When do you feel most connected to me?

What's a song you love that you think I'll love too?

How do I remind you of yourself?

What is your favorite childhood memory?

Are you brave enough and strong enough to always tell the truth?

How do you know when it's time to speak up and when it's time to remain silent?

What does it mean to have personal power?

What's the most important lesson I ever taught you?

What do you hope will be different about life after the pandemic passes?

What do you hope will remain the same about life after the pandemic passes?
Activities, Journal Prompts + Recipes

Do these things together, side-by-side or separately. Do them with intention. Enjoy yourself. Work to know yourself. Grow yourself.
Activities

Pictures, Selfies + Social Media

- Draw a picture of one of your relatives in a minute or less. Share it and then post it on the fridge. Select the best drawing.
- (Kids) Take a selfie imitating your mom, dad or other adult in the house.
- (Adults) Take a selfie imitating your child/children.
- Take a family selfie where everyone is smiling.
- Take a family selfie where everyone is doing something silly.
- Take a family selfie wearing Christmas colors.
- Take a family selfie in summer/beach clothes.
- Take a family selfie in costumes.
- Make a TikTok family dance video. Post it to social media.

Acts of Belonging

- Give each of your family members a hug that lasts a minute. Whisper something sweet in their ears as you do.
- Spend an hour talking together. Eliminate all distractions, especially cell phones.
- Have an inside picnic.
- Have a picnic on the front or back porch.
- Cook an entire meal together. Something you've never made or a recipe from this packet!
- Play a bunch of board games.
- Write notes of appreciation to each other. Hide them somewhere you know they'll be discovered.
- Perform a kind gesture for everyone in the house.
Activities

Acts of Belonging continued

- Make eye contact with a loved one for 30 seconds. What did you notice? What did you feel?
- Draw a picture together. On the same sheet of paper.
- If possible, go online and take the Love Language quiz. Compare your results. Commit to loving each other in the appropriate language.
- Show everyone in the house your favorite picture of them. Tell them why you love it.
- Write a love letter to someone in the family who you haven't been seeing eye-to-eye with.
- Make a gratitude jar. Every time you're thankful for something, write it on a sheet of paper and add it to the jar. When you're feeling down, read the sheets of paper.
- Play a family game of rock, paper, scissors. Crown the champion King or Queen of Rock Paper Scissors.
- Give each other new nicknames. Only call each other by your new nicknames for the rest of the day.
- Give your mom, dad or guardian a compliment you don't think they hear enough.
- Give your children a compliment you don't think they've ever heard.
- Make an apology you've been meaning to make.
Activities

Uncovering Family History

- As a family, make a family tree that dates back as far as can be remembered. (Templates in the appendix!)
- Interview each other. Here are some questions to guide your family history conversation.

Thanks familytreemagazine.com!

- What is your first childhood memory?
- Who is the oldest relative you can remember?
  What do you remember about them?
- How did your parents meet?
- Tell me about your childhood home.
- How did your family celebrate holidays when you were a child?
- Tell me about the day your first child was born.
- What were your favorite subjects in school?
- Who was your favorite teacher? Tell me about her.
- Tell me about some of your childhood friends.
- Describe your first job.
- What did you do with your first paycheck?
- What was your favorite job and why?
- Who are some of your heroes?
- Where were you when the Twin Towers were hit?
- Where were you when Dr. Martin Luther King Jr. was assassinated?
- What's your experience with or opinion of computers?
- Tell me about some of the places where you've been the happiest.
- What else would you like to share with me?
Journal Prompts

Students: Take some time to yourself. Reflect on your life, past, present and future. Use the following journal prompts to guide your reflections.

What you'll need: A notebook, a writing utensil and a quiet place to think.

Try to respond to a prompt each day, to write your truth and to pay close attention to how you're feeling.

Answer any journal prompt in any order you'd like, but be as detailed as possible! Encourage your parents and guardians to keep a journal too!

References for journal prompts include:
Journalbuddies.com
nytimes.com
Journal Prompts
(Elementary + Middle School)

Day 1 – What is your greatest gift or talent?

Day 2 – What's the best compliment you've ever received?

Day 3 – What unique quality makes you special?

Day 4 – Describe yourself using 5-10 "I am statements."

Day 5 – Write about someone you deeply admire. What qualities do they possess?

Day 6 – What's something you're afraid of? How might you overcome the fear?

Day 7 – What is your absolute favorite thing to do? How do you feel when you're doing it?

Day 8 – When you see a friend struggling with something, what do you do?

Day 9 – Who in your life makes you feel the best about yourself?

Day 10 – Name at least three things that you really love about yourself. Explain each.
Journal Prompts
(Elementary + Middle School)

Day 11 - Why is it important to love yourself?

Day 12 - Write a poem for someone you really care about.

Day 13 - What's the nicest gift you've ever received?

Day 14 - What does it mean to be confident?

Day 15 - What is your greatest strength?

Day 16 - What's one of your weaknesses? How can you turn it into a strength?

Day 17 - How do you feel when you earn good grades? How do you feel when earn not so good grades?

Day 18 - What is your biggest life goal? How do you plan to achieve it?

Day 19 - Write about a time when someone helped you.

Day 20 - Write about a time when you helped another person. How did you feel?
Journal Prompts
( Elementary + Middle School)

Day 21 – How can you help your friends feel more confident?

Day 22 – What qualities does a great friend possess? How do great friends make you feel?

Day 23 – When’s the last time you laughed so hard you cried? Tell the story in detail!

Day 24 – What is the bravest thing you’ve ever done?

Day 25 – Write about a time when you wish you had more courage.

Day 26 – Describe your circle of friends. Do they make you proud? Do you feel safe with them?

Day 27 – Do you spend a lot of time thinking about what people think of you? How does this make you feel?

Day 28 – Write about a friendship that ended. How did it end. How do you feel about it ending?

Day 29 – Write about a time when you made a poor choice. What should you have done differently?

Day 30 – Write about a time when you made a good choice. How did things turn out?
Journal Prompts
(High School)

Day 1 – A new thing I learned about myself today is...

Day 2 – What do you need to show up as your best self?

Day 3 – How do you plan to stay healthy and fit while schools are closed?

Day 4 – Write a story about a teenager who wakes up one morning with no memory of who he/she is.

Day 5 – How is the coronavirus outbreak affecting your life?

Day 6 – What underappreciated things mean a lot to you?

Day 7 – Do you have Wi-Fi at home? How does living with or without Wi-Fi affect your home life?

Day 8 – What songs mean the most to you?

Day 9 – How can we help one another during the coronavirus outbreak?

Day 10 – How are you coping with social distancing?
Journal Prompts (High School)

Day 11 – Is it immoral to increase the price of goods during a crisis?

Day 12 – What are your birthday rituals?

Day 13 – What's the difference between stress, worry and anxiety? How do you cope with each?

Day 14 – How have the adults in your life been impacted by the coronavirus?

Day 15 – Why are care and compassion so important during this time?

Day 16 – Are you a good person? How do you know?

Day 17 – How well do you handle losing?

Day 18 – What are some of your good habits? How did you develop them?

Day 19 – What are some of your bad habits? How did you develop them?

Day 20 – Are you able to be your whole self at home? At school? Explain
Journal Prompts
(High School)

Day 21 - How do you remember those who have died?

Day 22 - How well are you getting along with your family members?

Day 23 - Is your glass half full or half empty?

Day 24 - What's the last act of love you witnessed?

Day 25 - Do you turn to your parents for advice? Why or why not?

Day 26 - Are you a good listener? How do you know?

Day 27 - Would you return a lost wallet with lots of money in it? Explain.

Day 28 - Write about a time when you experienced racism, sexism, classism or ageism. How do you feel about the experience now?

Day 29 - Do you use your cell phone too much? What do you gain by being on your phone? What do you lose?

Day 30 - Are you ready to be an adult? Explain.
Recipes

French Bread Pizza by The Pioneer Woman Cooks

Ingredients

- 6 whole deli rolls or crusty Italian rolls
- Jarred marinara sauce or pizza sauce
- Jarred or refrigerated pesto
- 2 pounds mozzarella cheese, grated
- Grated parmesan cheese to taste
- 2 tablespoons butter
- 1 whole onion, sliced
- 1/2 pound sausage (regular breakfast sausage or Italian sausage)
- Pepperoni slices
- Canadian bacon slices
- Pineapple chunks, fresh or canned
- Roma tomatoes, sliced
- Sliced black olives

Optional Ingredients
Goat cheese, sliced bell peppers, various cheeses, pepperoncinis, jalapeno slices, diced red onion, any other pizza topping you'd like!

Instructions

Preheat the oven to 375 degrees.

Slice rolls in half and lay them, cut side up, on a large baking sheet. Top each half with a generous portion of either marinara or pesto. Next, top with a generous amount of grated mozzarella and parmesan, if you'd like.

Add whatever toppings you'd like on top of the cheese!

Once all assembled, put the pan in the oven on the lowest rack for 8 to 10 minutes. Crank up the heat to 425 and put it on the highest rack until the cheese starts to bubble a bit and turn golden.

Remove and serve immediately!
Salad in a Jar by Cooking with Kids

Ingredients
- At least four veggies of your choice
- Anything else you'd like on your salad in a jar
- Your favorite dressing
- Mason jar

Optional Ingredients
Ham or turkey slices, chickpeas, beans, crispy wonton strips or croutons

Instructions
Guide your child in chopping up softer foods. Scissors work well for little hands.

Lay out all ingredients on one large platter, so they're easy to layer.

Start with the dressing and then layer the foods from heaviest to lightest. For example: dressing, carrots, ham, peas, corn, avocado, strawberries, and then greens.

Cover the jar. If the salad is for later, put it in the refrigerator. If it's for now, shake it up and dump it onto a plate!
Recipes

Easy Jell-O Ice Pops by One Sweet Appetite

Ingredients
- Package of your favorite Jell-O flavor
- Packet of Kool Aid
- Sugar
- Water
- Popsicle molds, ice cube trays, muffin tins, clean yogurt containers or Dixie cups

Instructions
Combine Jell-O, Kool-Aid and boiling water in a large pitcher. Stir until dissolved.

Mix in the cold water and pour into your molds.

Freeze for 4-6 hours or until solid.

Be sure to use coordinating flavors of Jell-O and Kool-Aid. For example, if you use cherry Jell-O, use cherry Kool-Aid.
Mindfulness + Meditation Resources

Quotes

Be where you are, otherwise you will miss your life. –Buddha

Mindfulness means being awake. It means knowing what you are doing. –Jon Kabat-Zinn

In the end, just three things matter: How well we have lived. How well we have loved. How well we have learned to let go. –Jack Kornfield

Respond; don’t react. Listen; don’t talk. Think; don’t assume. –Raji Lukkoor

Sometimes the most important thing in a whole day is the rest we take between two deep breaths. –Etty Hillesum

Life is a dance. Mindfulness is witnessing that dance. –Amit Ray

As long as you are breathing there is more right with you than wrong with you. –Jon Kabat-Zinn
Positive Thoughts + Affirmations
Say these to remind yourself who you really are.

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me grow and learn.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It’s okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I am free to make my own choices.
27. I deserve to be loved.
28. I can make a difference.
29. Today I choose to be confident.
30. I am in charge of my life.
31. I am whole.
32. I believe in myself and my abilities.
33. Good things are going to come to me.
34. I matter.
35. It’s enough to do my best.
36. I accept who I am.
37. Today I will walk in my fears.
38. I am open and ready to learn.
39. Every day is a fresh start.
40. Today is going to be an awesome day.
<table>
<thead>
<tr>
<th>Mindfulness Bingo for Kids</th>
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<tbody>
<tr>
<td>listen to a bell</td>
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<tr>
<td>color a picture</td>
</tr>
<tr>
<td>listen to a guided kid meditation</td>
</tr>
<tr>
<td>read a story together</td>
</tr>
</tbody>
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10 MINUTES TO LET YOUR MIND WANDER

Two things you've never done, but would love to try:

One thing that might scare others, but doesn't scare you:

Two things in your life or the world around you that are changing:

1.
2.

Three things that mean a lot:

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One thing you're thinking about, but not quite ready to talk about yet:

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FOR PARENTS
Being Mindful with Emotional Distress

What emotion are you feeling? ____________________________

JUDGEMENT

- Interpretations
- Assumptions
- Comparisons
- Assessing Value

Write down your judgements. And then transform each to feelings, sensations and facts to arrive at a more mindful perspective.

MINDFULNESS

- What are the feelings and sensations?
- What are the facts?

COGNITIVE DISTORTIONS

- All or nothing thinking
- Emotional reasoning
- Magnification + minimization
- Over-generalization
- Jumping to conclusions

- Discounting the positives
- Personalization + blame
- Magnification + Minimization
- Labeling
- Mental filtering
- Should statements
Eight Ways to Bring Mindfulness into Your Family  
by Randy Taran  
From the Parent Toolkit www.parenttoolkit.com

1. **Take on a Family Mindfulness Challenge**: When you model the mindfulness you want to see in your children, they understand it on a whole new level. So, give it a try. You can sit on a chair or floor with your back straight but not tense. Close your eyes and use your other senses, like listening. A simple minute of mindful breathing is one great way to start. There are also free apps and websites available to help guide your practice, which can be great for beginners.

2. **Choose a Mindfulness Corner**: It could be in a bedroom or main area. Make it special and uncluttered. You can have everyone in your family put a personal symbol, like a pillow, photo or blanket, in the middle of the room so it becomes like a “zone of peace” that is there at any time. Designating a physical location literally “holds the space” for mindfulness to become a regular family habit, much like sitting down together to eat a meal.

3. **Set a Time**: Just like athletes schedule practice sessions to improve their skills, having a designated mindfulness time helps make it a go-to habit. Before bed is a wonderful time, as the mindfulness practice relaxes everyone into a more peaceful state. Some families use a special chime to take turns bringing everyone together. As your family gets used to practicing mindfulness, the special space in your home can serve as a good place to go when anyone in the family needs to take a break from anger, or frustration. If you practice moments of calm, it makes going to that space in moments of stress easier.
4. **Have Mindful Mornings:** Getting out the door for school is stressful. Consider ways to de-stress, like waking up a little earlier for some quiet time, or encouraging your children to help (as they can) to pack their lunches the night before. Dr. Christine Carter of Greater Good Science Center prepares for the morning rush by placing sticky notes on her fridge. They are reminders to NOTICE emotions, NAME the emotion, ACCEPT what is going on, and BREATHE (pausing to take a few deep breaths) before jumping into action.

5. **Practice Mindfulness around the Table:** Remember how good it feels to express gratitude at the Thanksgiving table? What if you could do this once a week? Schedule a time where everyone talks about what they are grateful for in their life and something they appreciate about others at the table. This is all about being in the moment and taking time to notice the good stuff (there’s always good stuff, even if it’s just a hot meal or the smile on your child’s face!). It will uplift everyone there.

6. **Designate Mindful Boundaries:** Having established boundaries promotes a feeling of consistency and safety. They provide a perimeter, within which children can exercise their autonomy. If the boundaries are mindfully thought out in advance, then there is less reason for you to constantly say no. It’s equally important to create situations where your child can experience autonomy (e.g., “You can be the leader on the hike.”).

In Mindful Discipline, Dr. Shauna Shapiro makes the case that children need both boundaries and autonomy. Shapiro asserts that children need a degree of autonomy to develop a sense of responsibility over their lives. They also need clear boundaries, which gives them a sense of safety, and a clear idea of who is the parent and who is the child. The author suggests that you ask yourself, “What is most needed in this moment? Is it space, autonomy, or a boundary? Or maybe it’s some of each: you can run around the park, but here’s a line you can’t cross—a non-negotiable line.”
7. Be Mindful with Discipline: There’s no getting around it – discipline is part of parenting. Why not address it mindfully? If you see discipline as teaching, rather than confrontation, the first step is pausing enough to be mindful of what your child is feeling. In No-Drama Discipline, Dr. Dan Siegel and Dr. Tina Bryson suggest:

- Communicate comfort so your child feels safe to open up. Get down to your child’s eye level, and put your hand on his arm or hug to give him a sense of reassurance. You can also tell him, “It’s hard, isn’t it? Can you tell me about it?”
- Validate and say something like, “If I were in your shoes, at the same age, I might feel the same way.”
- Listen. Rather than lecture, breathe.
- Reflect. Say back what you hear like, “I understand that you’re upset because you don’t want to go to bed right now.”
- Redirect. After you understand what was happening internally to your child, you can determine what you want to teach and how best to do it. For example, you may want to say, “If you get your rest now you won’t feel tired at school tomorrow. Would you like to read one more book and then we can tuck you in so you can go to bed?”

8. Share Your Experiences: The more you and your child practice mindfulness, the more natural it becomes. You will draw on it in all aspects of life. If you used mindfulness when you felt your emotions rising, (in traffic, at the office, with friends), and you were able to pause before reacting, share that experience with your child. Encourage her/him to do the same. You will inspire one another in ways you might not even imagine.

Randy Taran is the CEO and founder of Project Happiness, a global organization which specializes in emotional resilience-building programs that are used by people of any age and endorsed by public schools, private institutions and universities in the U.S. and 90 countries around the world. Randy is also co-author of the Project Happiness Handbook and producer of the award-winning film Project Happiness.
Check out some of the supporting resources we've pulled together in the name of love and connection.
Some people care too much.
I think it's called LOVE.
At any moment you have the power to say this is not how the story is going to end.
MINDS ARE LIKE PARACHUTES
they only function when they are OPEN
MISTAKES are proof that you are TRYING.
Logic will get you from A to B.
Imagination will take you everywhere...
Learning is a treasure that will follow its owner everywhere.
It is better to light a candle than curse the darkness.
The Oxygen of the Soul
Be Yourself.

Everyone is Taken.
BE SURE TO
TASTE YOUR
WORDS BEFORE
YOU SPIT THEM OUT
We make a living by what we get. We make a life by what we give.
The best things in life aren't things.
It is not fair to ask of others what you are not willing to do yourself.
How lucky I am

to have something

That makes saying

GOODBYE HARD

Doodle Art Alley ©
Love ONE another...
Come what may and love it
Courage does not always roar. Sometimes it is the quiet voice at the end of the day saying I will try again tomorrow.
For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.
Treat others as you want to be treated.
There is always always something to be thankful for.
Personal Core Values

A J O X C M I T L Y D X F Y I E Q G T E G B W N
C C T L S Z S C N Q L U Y Y I F R D B B A U O C
U S F C Q D Z B W K W W Y W V R W W W P S I P M
T X Y B G L P F X O X X Z H T E C Y Q Z S B V Y
K G T I O W A A Z X U H N C Q E D H T S Y E Q D
J J I Y R I I U E H O R U K H D B H A M P T D Y
K W S Z T F R V V O X G Q V U O I P J K X P Y H
T E O H W M O R Y Y N E C L D M M V A T W Z E I
O K R R W L Y D T A C G N E L O M Y C W H Q Y T
U K E A Q J V V I F O M Y V C E F T U W L W C D
E A N Y E C H W R G U A M I L B Y I K V Q V G M
I L E P I D G N H R D F P W S O L S W W K P U
Z M G X D N P D E W T X L T N F L I G W C K J D
X N G E U B H F T V E O I F R A S B F J P A M M
N E T P K Y O Y N F S S V W G K Z I D W F K O Q
Z R C R Q K G T I L Y Z M J G J U S T I C E R Z
I V T A U A H L Y X W C U T W X N N P R W X E A
N G O X Z P T Y X F S M F M I W L P Z H J A P Q
V M G Z M P Q O S E G R B J C Q S H L D H E V
X L Y I E M V L T V J Q N C W J N E A Z G V C Y
L A Z D G J T U T Y C P W O L A D R C I N J T R
C S N Y H F P N W T F Q D B H K L Z S Z M O D V
O R S I B B B E U G Z M D C R I O T Q O P S D T

respect  justice  freedom  peace  integrity  faith  trust  loyalty  honesty  responsibility
love  generosity  courtesy  compassion
Restorative Justice

B Y T I L I B I S N O P S E R K A
H E E V I T I S O P E T C U E L W
J B R Q H O R F A M I L Y E C O E
E M P A T H Y L H M B P O M U V Z
S X L T Q E N B Q R U S G V X E L
Y J Y Q D Q C U L N S R U I R K K
Y T A J P F K E C D E B A C C L S
A F I R C C M T I S G S C L F O S
R P L S Q R U K P P F G E P N Y E
V E W K R A L E N X G A O D C A N
N A Y J L E C X J J N N G G X L D
C C T I Z T V S L L H E I J B T N
I E T N P X S I I X D I C K V Y I
R Y Q U N Y Q N D J O E X W L J K
C X U S H Q E Q R K D B P U J A Z
L G C F K S P I H S D N E I R F T
E T H M S S I L K Q V U P P M J O

cleanliness  empathy  punctuality  responsibility  positive  circle
talking piece  diversity  loyalty  kindness  friendship  family  respect
peace  love
# Values

```
N A R C Y T I V I T A E R C C U R I O S I T Y O
H I C N V X H I R N X T H B F Z Z Q C N E D R V
Z O X Q V O T I M Y D V F A A Z U I X O R G G Y
E K M A T I I K F E B P H L M N S P T I U M C G
V E C A Q V A T G C C L K A E J J S J T T E M D
O M L X M V F B Q I G A V N X G P A U I N O Y S
J E J X Q H K J Q V M R W C V I H T S N E K V A
D H O R A K E C P R I F O E B R L P T G V F G B
R K H P I R T T I E T T T W Y O Z E I O D K Z T
Y T L A Y O L N G S G W R P T H W A C C A T A E
K T P A C H W Z X F K I D U M H L C E E F M V Y
N L U J M T C O M P A S S I O N N E S R B O T H
O H G K M L F U L B I D V G C S V G L P L I B T
W G V Z V A A F Y A T O R U U X T E X E L F O G
L R F O K E S T L R H M S X M P H S W A Y T U C
E E C L U W G B E U X J S F W P N D U T Q E H H
D S M P E K Y R M W S A U N M A R T I R C L P O
G P O S W A Y O S R T X K Z V D I R P J T C M N
E E N P I E R X H D A H Z C T R U C J T F G Y E
Q T C M A U I B I G U H Q P E S A X Y J V N W T
F K B R S I Z T K N S K S S L U V G C O H P J Y
O P E N E S S S S P U G H P I H S D N E I R F U Z
W A B E A U T Y S O W F Z I G Y T I N U M M O C
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Social Skills

X G L D J E P D H B T Q V Y X L Z N V X P M B S
C M Y D E S U C O F V Z C L M I M C L X Z D G L
U E L I V Q C B H S A G R E N E T S I L D O G
U A W P G D G O O D C O M M U N I C A T O R Q C
R I Q Y L H Z W G S M R R E Y A L P M A E T O M
L L I H S R R T S C H F Z B U M O K X R W W Q Z
K Y B A X X T R U C Z K D D A C S H F S B C C Y
C R K T S G J A G M I V Z F H N Z N G J N F B L
D E O T P Y F M L H D M Q N G D I V E R S I T Y
P D A E Q Y M S L E T X E C R R N H O B M H H Y
T I H N Q Y K P O J A B Y D E W I X N N Q L W D
N R L T Y O W O A N W J O P A L Y N X Y V S A C
B E K I I R Z I P T V F R F P C B H T S Q T C S
Z C E V R E J E V W H E E I M A A A O K Q P P K
Y T X E H S T T N C P Y L C E C H G D N O X S O
H E M N L P Z X U J I B I F X L C Z N E E P P
T D R E C E P E S X X S A G A J I X Y O E S X W
P Q Z Z F T L X V R X V L K K T S F K R K T E M
M H S K Z F O B A Y L C E W H B C X M Z H S S D
E R D M E U L R C S B L Y N U X Q D I L Y T F S
V T I A V L E L B I S N O P S E R C Q A G P C W
H I P Q V M Q J L U F E C R U O S E R U R K S L

Smart  Happy  Good Communicator  Easily Redirected  Reliable  Dependable  Mentor
Strong Academics  Focused  Team Player  Sympathy  Empathy  Diversity  Good listener
Resourceful  Honest  Attentive  Respectful  Responsible  Hard working
Personal Core Values

A J O X C M I T L Y D X F Y I E Q G T E G B W N
C C T L S Z S C N Q L U Y I F R D B B A U O C
U S F C Q D Z B W K W W Y W V R W W W P S I P M
T X Y B G L P F X O X X Z H T E C Y Q Z S B V Y
K G T I O W A A Z X U H N C Q E D H T S Y E Q D
J J I Y R I I U E H O R U K H D B H A M P T D Y
K W S Z T F R V V O X G Q V U O I P J K X P Y H
T E O H W M O R Y Y N E C L D M M V A T W Z E I
O K R R W L Y D T A C G N E L O M Y C W H Q Y T
U K E A Q J V V I F O M Y V C E F T U W L W C D
E A N Y E C H W R G U A M I L B Y I K V Q V G M
I L E P I D G N G R D F P W S O L S W W K P U
Z M G X D N P D E W T X L T N F L I G W C K J D
X N G E U B H F T V E O I F R A S B F J P A M M
N E T P K Y O Y N F S S V W G K Z I D W F K O Q
Z R C R Q K G T I L Y Z M J G J U S T I C E R Z
I V T A U A H L Y X W C U T W X N N P R W X E A
G E L R E S G A T K K H U M J F O U F L P S I
N G O X Z P T Y X F S M F M I W L P Z H J A P Q
V M G Z M P Q O S E G E R B J C Q S H L D H E V
X L Y I E M V L T V J Q N C W J N E A Z G V C Y
L A Z D G J T U T Y C P W O L A D R C I N J T R
C S N Y H F P N W T F Q D B H K L Z S Z M O D V
O R S I B B B E U G Z M D C R I O T Q O P S D T

respects justice freedom peace integrity faith trust loyalty honesty responsibility
love generosity courtesy compassion
Restorative Justice

B Y T I L I B I S N O P S E R K A
H E E V I T I S O P E T C U E L W
J B R Q H O R F A M I L Y E C O E
E M P A T H Y L H M B P O M U V Z
S X L T Q E N B Q R U S G V X E L
Y J Y Q D Q C U L N S R I R K K
Y T A J P F K E C D E B A C C L S
A F I R C C M T I S G S C L F O S
R P L S Q R U K P F G E P N Y E
V E W K R A L E N X G A O D C A N
N A Y J L E C X J J N N G X L D
C C T I Z T V S L L H E I J B T N
I E T N P X S I Y I X D I C K V Y I
R Y Q U N Y Q N D J O E X W L J K
C X U S H Q E Q R K D B P U J A Z
L G C F K S P I H S D N E I R F T
E T H M S S I L K Q V U P P M J O

cleanliness  empathy  punctuality  responsibility  positive  circle
talking piece  diversity  loyalty  kindness  friendship  family  respect
peace  love
Values

WISDOM  WEALTH  TRUST  STATUS  SPIRITUALITY  SERVICE  SECURITY  RESPECT  RECOGNITION
OPTIMISM  PEACE  OPENNESS  LOYALTY  LEARNING  LOVE  KNOWLEDGE  JUSTICE  HUMOR
HONESTY  GROWTH  FRIENDSHIP  FAME  FAITH  CURIOUSITY  COMPASSION  CREATIVITY  COMMUNITY
BEAUTY  BALANCE  ADVENTURE
Social Skills

Smart Happy Good Communicator Easily Redirected Reliable Dependable Mentor
Strong Academics Focused Team Player Sympathy Empathy Diversity Good listener
Resourceful Honest Attentive Respectful Responsible Hard working
this is what we were grateful for during the coronavirus pandemic.
love
this is how we showed love during the coronavirus pandemic.
happiness

this is what made us happy during the coronavirus pandemic.
laughter
this is what made us laugh during the coronavirus pandemic.
belief

this is what we now believe as a result of the coronavirus pandemic.
OUR HOUSEHOLD
PROMISES

On __________, we came together to figure out how to strengthen our family's sense of connection and community. We talked about what we needed to work on and about how fun, helpful and loving our household could be if we worked hard at learning and loving one another. Here are some promises we made to each other.

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<th>PROMISE</th>
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66 POSITIVE THINGS
TO SAY TO YOUR CHILD

1. I'm grateful for you.
2. You make me proud.
3. Your words are meaningful.
4. You have great ideas.
5. I love being your parent.
6. You don't have to be perfect to be great.
7. Your opinions matter.
8. You are important.
9. You are loved.
10. I believe you.
11. I believe in you.
12. This family wouldn't be the same without you.
13. You are valuable.
14. You can say no.
15. You can say yes.
16. I know you did your best.
17. You were right.
18. I accept who you are.
19. We can try your way.
20. You are helpful.
21. You are worth it.
22. You make me happy.
23. I love your creativity.
24. Being around you is fun.
25. I can't wait to hear about it.
26. Don't be afraid to be you.
27. You're making a difference.
28. I'm excited to spend time with you.
29. You are interesting.
30. I love seeing the world your way.
31. It's good to be curious.
32. I love the way you tell stories.
33. What you did was awesome.
34. I admire you.
35. That's a great question.
36. Your friends are lucky to have you.
37. I trust you.
38. That was a really good choice.
39. Seeing you happy makes me happy.
40. Being your parent is my favorite job.
41. I learn new things from you every day.
42. You make me better.
43. You are a good boy/girl.
44. Thank you for being you.
45. I'm so glad you're here.
46. You look great.
47. I understand you.
48. Watching you grow up is the best.
49. That was really brave.
50. I forgive you.
51. I appreciate you.
52. We all make mistakes.
53. Yes, me too.
54. You are very good at that!
55. You can try again tomorrow.
56. Nobody is perfect.
57. I love how you said that.
58. Not everyone will like you, and that's OK.
59. You did that so well.
60. I'm listening.
61. That's a very fair point.
62. You are beautiful inside and out.
63. I love you.
64. I could never stop loving you.
65. You are enough.
66. You make my heart full.
Beneath every behavior there is a feeling. And beneath each feeling is a need. And when we meet that need rather than focus on the behavior, we begin to deal with the cause, not the symptom.

Ashleigh Warner
“if we must both be right. we will lose each other.”

— Nayyirah Waheed
"When a child can't calm down they need connection and comfort, not criticism and control."

~Jane Evans
In this house
we are trauma-informed.
we connect before we correct.
we stay curious not furious.
we understand behavior is
COMMUNICATION.
we believe in co-regulation,
that kids regulate off the adults in their lives.
we think can't, not won't.
we emphasize when someone is flipping their lid.
we believe in restoration, not punishment.
we believe that relationships buffer stress
AND BUILD RESILIENCE.
all of us need one another, always.
resilience means, we see you,
we hear you,
we are with you.
“There is no such thing as a ‘bad kid’ – just angry, hurt, tired, scared, impulsive ones expressing their feelings and needs the only way they know how. We owe it to every single one of them to always remember that.”

—EDUCATOR JESSICA STEPHENS
EVERY KID IS ONE CARING ADULT AWAY FROM BEING A SUCCESS STORY.

...JOSH SHIPP
Our job is to love others without stopping to inquire whether or not they're worthy.
When little people are overwhelmed by big emotions, it's our job to share our calm, not to join their chaos.

L. R. Knost
Either we spend time meeting children’s emotional needs by filling their love cup or we will spend time dealing with behaviors caused by their unmet needs. Either way we spend the time.

- Pam Leo

SYNERGY GENTLE PARENTING RESOURCES
I think true love is when two people make each other love themselves more.

FARAWAY
Kindness is So Gangster