

Taking it home: Teamwork



1. ENGAGE

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 each day that you appreciate about your child and post it on their bedroom door. By doing this you will plant seeds in their heads and hearts to help them see good things about themselves.



2. EMPOWER

Find the Good! You may have noticed at school your child has an opportunity to share Good Things happening in their life. Continue to develop this leadership skill at home! At dinner or before bed, ask each member to share something good about their day. Not only can we foster positive thinking and an attitude of gratitude, but your family will also learn more about each other as you continue to grow your team!

When it comes to building a healthy campus culture, the goal is not to expect perfect behavior all of the time. The goal is to create a team that works together toward group goals and a shared purpose. We as adults have the unique opportunity to help our children grow by modeling gratefulness, encouraging them to acknowledge the positive moments each day, and creating opportunities for them to affirm and build others up. If we learn to see and celebrate the good in each other, even in difficult times, we will inevitably grow as a team...better together!



3. EXCEL

Affirm Daily! Practice growing as a family through positive affirmations. At dinner, or at some point during the day, give affirmations to each other and share the good things you see. Take it to the next level and think of someone outside of your family who you could affirm. Challenge each member of the family to handwrite a note to thank that person and send them in the mail.

CONVERSATION STARTERS

- What is the best affirmation or compliment that someone has ever given you?
- What are some things we are lucky to have, but at times find ourselves complaining about?
- What is your favorite family memory?

