

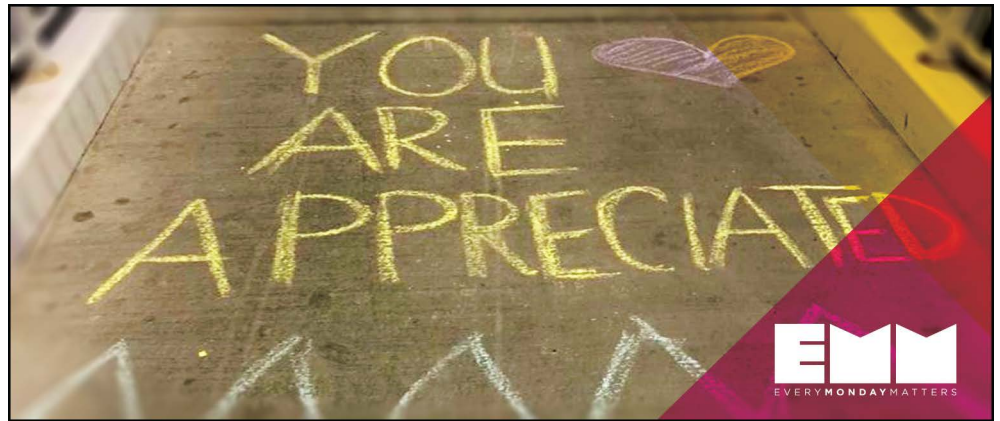
THIS WEEK'S FOCUS:

GIVE A COMPLIMENT



THIS MONTH:

MONDAY GETS KIND



INTRODUCTION

We hope you and your family take the time to explore and try out this week's activities. The FAMILY CHAT and ACTIVITIES are designed to help you foster and nurture social and emotional learning and development with your family. We hope you find these activities valuable. Show your family that WE MATTER.

LET'S GET KIND AND GIVE A COMPLIMENT

When someone takes notice of us, it makes us feel seen and accepted. A thoughtful compliment lifts us up, reinforces our confidence and fosters belonging. Giving a compliment shows that you are present and aware of others. Maybe someone noticed the details or in-depth research you put into a project. Maybe someone noticed how hard you've been training or that you ran or swam a bit faster. Maybe someone noticed that you took the time to do your sibling's laundry or share your clothes. Someone noticed you and gave a compliment. Accepting a compliment or praise may not always be easy. A compliment causes us to pause and take notice of ourselves and what we did.

KINDNESS makes a difference and brings happiness in everyone's life. KINDNESS is intentional, just like the COMPLIMENTS we give. Taking action to be KIND feels good for both the giver and the recipient. When you experience KINDNESS, you are inspired to do something good for someone else. Showing KINDNESS to each other helps strengthen the bond within families and friendships. Being KIND and GIVING COMPLIMENTS MATTERS.

FAMILY CHAT

Asking questions and having a supportive discussion helps us to better understand ourselves and each other. Consider asking a few of the questions listed below. We encourage you to be open, understanding, and supportive. Listening and talking, matters.



What COMPLIMENTS have you given someone or someone given you, recently?

Have you ever given yourself a COMPLIMENT? What COMPLIMENT did you tell yourself?

What COMPLIMENTS do you tend to give others? Why do you think you notice these things about others?

When it comes to COMPLIMENTS, how can we as a family be more intentional when giving and receiving COMPLIMENTS?

How can being KIND and giving COMPLIMENTS strengthen our bond as a family?

FAMILY ACTIVITIES

GETTING KIND takes mindfulness and intention! Try out one or more of the activities below and experience this month's theme and this week's strategy.



Facing Compliments

Just as knights protect themselves with a shield, we should protect ourselves from the negative self-talk. Sometimes we are hard on ourselves, but we are worthy of the kindness we easily give to others. As a family, let's recognize our positive traits, strengths, and accomplishments. Even though it may seem awkward at first, there are probably some wonderful things about you and your family. Create some time to recognize and give yourselves as many compliments as you can.



Take Notice

How often do you take notice of something great about others? Do you pay attention to the things that make your family great? Actively giving genuine compliments means that you're able to see something positive in someone else that sometimes, they may not even notice it. Take a moment to compliment someone in your family this week. When you receive a compliment, respond by showing how thankful you are that someone noticed.



Fill it Up

Compliments can also be given in written notes and words. Create a jar for each person in your family. Each day, everyone should write a compliment in each family member's jar. Give specific and genuine compliments. It can be something simple you noticed. Lean on each other and embrace each person's strengths. You'll remember why your family means so much to you.



I Am Enough

Watch the read along video, I Am Enough, by Grace Byers at <https://bit.ly/3moPUYi> (2:07). As a family, help each other come up with self-affirmations to say daily. When you remind yourself about the positive things, your day will instantly take a turn for the better. Take turns to help each other come up with self-affirmations that will fit each of you best.

Thank you for taking the time to do this week's Family Companion Activity. When we focus on giving ourselves and each other compliments, we are able to mindfully be aware of one another and practice kindness. Together, WE MATTER.



**LET OTHERS SEE THE GOOD
THAT YOU SEE IN THEM.**

- MARGARET MANNING, AUTHOR

