

# KIDS WHO CARE

A BIMONTHLY ACTIVITY NEWSLETTER

NOVEMBER 2020 | VOLUME 14

## HELLO KIDS WHO CARE FAMILIES!

Welcome to another edition of the KWC Bimonthly Activity Newsletter!

As we approach the holiday season, I encourage you to take time to reflect on the year. It has been a difficult year and it may be challenging to feel any gratitude. Taking time to reflect and check in with yourself and your family on finding sweetness in these times. Gratitude can be about anything: our home, our family, being outside, remembering our person. Practicing gratitude decreases stress and negative thinking as it increases happiness.

The activity I chose this week is a Thankfulness Chain. I encourage you to reflect on finding gratitude in your lives.

Warmly,

Jocelyn Chamra-Barrera



## FAMILY FUN ENGAGEMENT

Materials:

**Construction paper strips**

**Staplers**

**Markers/pencils/pens**

A few things to remember:

**Kids attention spans are short.**

**Grief comes in spurts. Some kids may not want to share their grief at a certain times.**

**Be gentle with yourself. This is a difficult and uncertain time. Not all our plans will happen and that's OK!**



## THANKFULNESS CHAIN

**Set up:**

- Find a space for your family chain
- Encourage everyone to participate, and remember that all feelings are part of a healthy emotional experience

## Suggested Guidelines

- Talking about the activity:
  - We will be working on a mindfulness activity for Thanksgiving. It is a chance to think about positive things in our life that we: appreciate, grateful for, be mindful of things going right in our lives, and people they hold closest to our hearts.

## Activity:

- **Discussion on what is gratitude or thankfulness?**
  - **What are things we appreciate; what are you grateful for?**
- **Make a list of things/people you are grateful for:**
  - **family, friends**
  - **things about ourselves**
  - **nature**
  - **things you love to do/to eat**
  - **something you've learned this year**
  - **something you cherish about the person who died**
  - **something you did with person that died**
- **Each family member can pick a few (or all) and write them down on a strip of paper**
- **Attach the links together**
- **Add to the chain throughout the holiday season!**