



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!

- Can you guess the ingredients in the meal tonight?
- What is one favorite thing you do by yourself?
- What does a perfect day look like to you?
- Would you rather wear your pants backward or your shoes on the wrong feet?
- If you could have any animal for a pet, what would it be?

Mindfulness Corner

Dinnertime Gratitude

Gratitude is an important part of mindfulness practice. Practice gratitude with your family at dinner! Each night, take turns sharing what you and your family are thankful for.

Check In

With the chaos and stress that starting back to school may bring, make sure that you and your child are checking your emotions. Have your child identify the emoji that depicts how they are feeling. Ask them what feeling that is and then discuss what they should do when feeling that emotion. Then identify your own emotion and practice a coping skill to model for your child.



Hispanic Heritage Month

Hispanic Heritage Month takes place September 15 to October 15 every year as a time to recognize and celebrate the many contributions, diverse cultures, and extensive histories of the American Latino community. Beginning in 1968, Hispanic Heritage Month was originally observed as “Hispanic Heritage Week” under President Lyndon Johnson, but it was later extended to a month during President Ronald Reagan’s term in 1988. Since then, the month has been celebrated nationwide through festivals, art shows, conferences, community gatherings, and much more. The month also celebrates the independence days of several Latin American countries, including: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua on September 15th, Mexico on September 16th, and Chile on September 18th. They also include holidays that recognize Hispanic contributions such as Virgin Islands-Puerto Rico Friendship Day that is celebrated in the U.S. Virgin Islands.

September 20 – National Pepperoni Pizza Day

On September 20, we celebrate the most popular pizza ever created. Celebrate by taking your family to a local pizzeria or making your own at home. Share your celebration on social media with #PepperoniPizzaDay.



September 19 – National Dance Day

According to the American Dance Movement, “National Dance Day is an annual celebration dedicated to dance, that encourages Americans of all ages to incorporate dance into their lives. By creating a focused day of celebration to show support for dance as a valuable form of exercise and of artistic expression, American Dance Movement aims to educate the public about dance and its many benefits, as well as make dance accessible and inclusive to everyone.” Learn the 2019 National Dance Day Routine with a 15 minute tutorial on American Dance Movement’s Website:

<http://americandancemovement.org/national-dance-day/>



September 15 – National Make a Hat Day

Not much information could be found on the history of National Make a Hat Day, but who needs a reason to be creative? Allow your child to use supplies found in your home such as construction paper, paper plates, and string to create a hat. Ask them if their hat serves a purpose or if it’s merely fashionable. Maybe Make a Hat Day will become a new family tradition!

Have even more hat day fun by reading (or watching) Cat in the Hat: [https://www.youtube.com/watch?v= u03xX0wQQc](https://www.youtube.com/watch?v=u03xX0wQQc)



September 16 – National Play-Doh Day

Fun Fact: Before Play-Doh was sold as a toy for children, it was sold as wallpaper cleaner!

Celebrate by creating unique Play-Doh sculptures with your children and using #NationalPlayDohDay on social media.

National Play-Doh day became an official holiday in 2006.



Time to Celebrate

September 18 – Rosh Hashanah

(Evening of Friday, September 18 - Evening of Sunday, September 20)

Rosh Hashanah celebrates the creation of the world. Help your child understand this important Jewish Holiday with this fun video:

<https://www.youtube.com/watch?v=daQozUHX2Yo>

References:

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