

### All Feelings Are Welcome, Not All Behaviors Are Welcome

One key skill for building emotional resilience is learning to get comfortable with emotions.

ALL of them. But being comfortable with negative emotions doesn't mean forgetting to regulate our emotions. Not all behavior is appropriate, and sometimes, we need to sit in an emotion without "fixing" or taking it away. A part of allowing a negative emotion means not needing to change a boundary in order to contain it. But we can still have behavioral expectations. Try singing the following rhyme to your child as a calm down strategy and helping them understand that they can both be upset AND okay.

*"You get what you get  
And you might get upset.  
If you don't get your fave,  
You can practice being brave.  
Breathe in and breathe out,  
You don't need to shout.  
If you don't get your way,  
You can still be okay."*

-Excerpt from Spilt Milk Psychology  
<https://tinyurl.com/y2ng2buk>

**"Patience is not about waiting. Patience is the ability to keep a positive, focused attitude while working hard to move your life forward."**  
Marc Chernoff



#### Benefits of Social Connections

Those more connected to family, friends and their communities are happier, healthier and live longer. Being socially active and having satisfying relationships can result in:

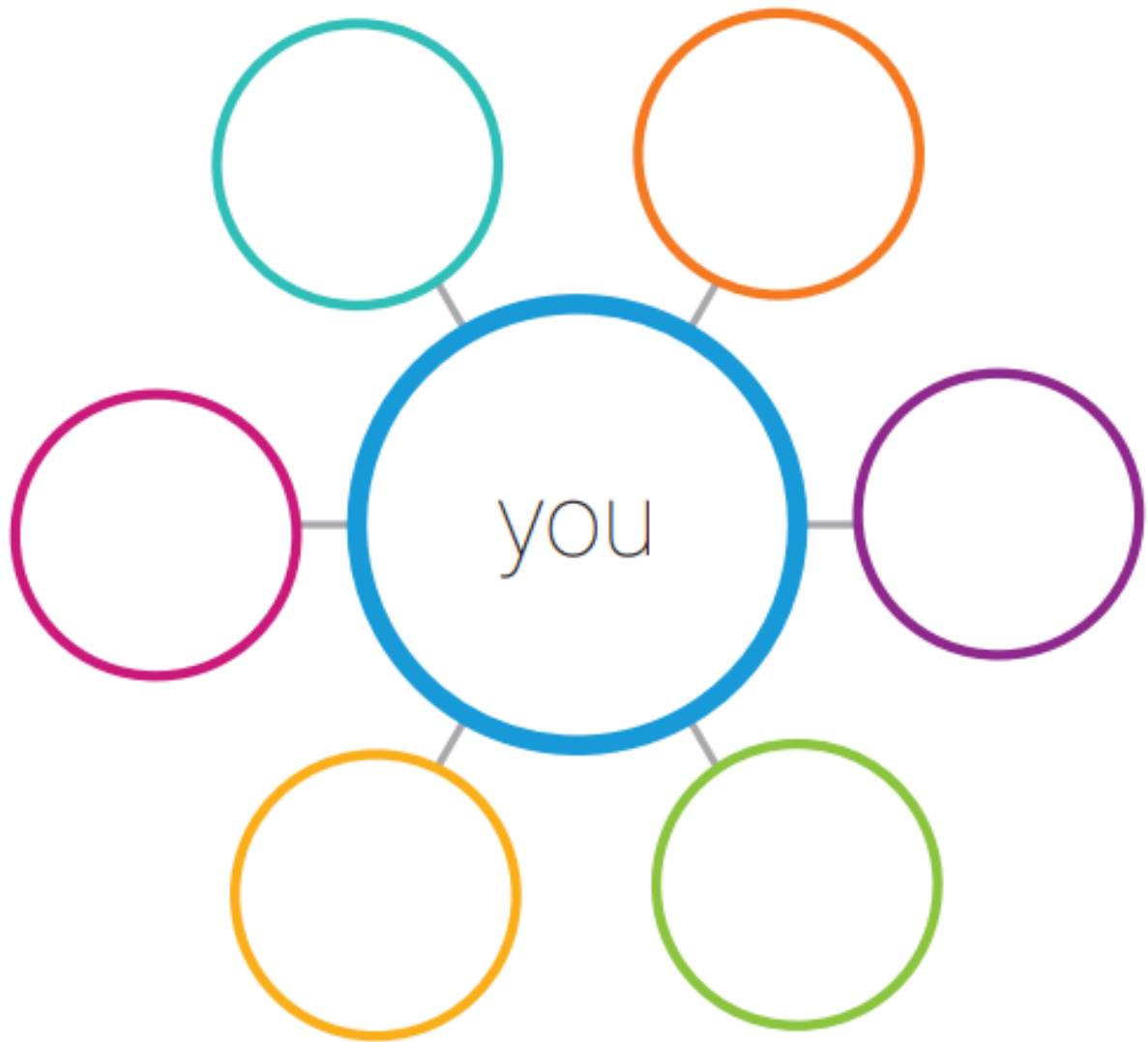
- Above average levels of happiness
- Lower levels of depression and anxiety
- Higher resiliency across stressful events and environments
- Lower blood pressure
- Better immune response
- Decreased levels of stress hormones
- Diminished pain
- Sharper memory

**Remember, you can still be physically distant but stay socially connected. Please do your part to keep one another healthy!**

<https://www.stirmn.org/thriving-together-campaign>



# Who are you **Socially Connected** to?



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## My 4am friends:

\* I will call one of these friends if I am struggling & need to talk

name: \_\_\_\_\_

name: \_\_\_\_\_

number: \_\_\_\_\_

number: \_\_\_\_\_

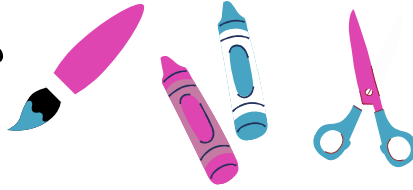
name: \_\_\_\_\_

name: \_\_\_\_\_

number: \_\_\_\_\_

number: \_\_\_\_\_

# Craft Corner



Check out page 4 of our newsletter to find a fun activity to do with your child every day in the month of November. Click on the calendar or follow the [link](#) listed below the calendar to find instructions on how to do each of the activities.



## Feed the Turkey



<https://busytoddler.com/2017/11/feed-the-turkey/>

Supplies: Plastic Jar or paper bag, pom pom balls, tongs, construction paper, googly eyes

\*As with all of our activities, please use adult supervision so your child does not put the pom poms in his/her mouth.



<https://funlearningforkids.com/feed-the-turkey-counting-activity/>

## Handprint and Footprint Turkey

<https://tinyurl.com/yyso9wbv>

Supplies: Paper, Scissors, Paint, Glue, Eye Stickers or Markers

# November

<p>1</p>  <p>Pinecone Sensory Soup</p>	<p>2</p>  <p>Harvest Print Art</p>	<p>3</p>  <p>Feather Weaving</p>	<p>4</p>  <p>Fall Sensory Bin</p>	<p>5</p>  <p>Paper Plate Leaf Turkey Craft</p>	<p>6</p>  <p>Fall Sensory Bin</p>	<p>7</p>  <p>Indian Corn Do-A-Dot</p>
<p>8</p>  <p>Pumpkin Pie Play Dough</p>	<p>9</p>  <p>Gratitude Stones</p>	<p>10</p>  <p>Scarecrow Potato Print Craft</p>	<p>11</p>  <p>Colorful Corn Mosaics</p>	<p>12</p>  <p>Indian Corn Footprint Art</p>	<p>13</p>  <p>Wine Cork Turkey Craft</p>	<p>14</p>  <p>Thanksgiving Letter Sort</p>
<p>15</p>  <p>Candy Corn Handprint Craft</p>	<p>16</p>  <p>Cranberry Fine Motor Activities</p>	<p>17</p>  <p>Gratitude Leaf Garland</p>	<p>18</p>  <p>Nature Walk</p>	<p>19</p>  <p>Yarn Wrapped Turkey Craft</p>	<p>20</p>  <p>Fall Montessori Trays</p>	<p>21</p>  <p>Fall Glitter Leaf Mobile</p>
<p>22</p>  <p>Pool Noodle Turkey Craft</p>	<p>23</p>  <p>Toilet Roll Turkey Craft</p>	<p>24</p>  <p>Pinecone Turkey Craft</p>	<p>25</p>  <p>Native American Small World</p>	<p>26</p>  <p>Printable Turkey Placemats</p>	<p>27</p>  <p>Counting Snowballs</p>	<p>28</p>  <p>Snowflake Symmetry</p>
<p>29</p>  <p>Gingerbread Man Busy Bag</p>	<p>30</p>  <p>Winter Sensory Bin</p>					