



# Family Engagement News

February 2021

## READING TIPS & TRICKS

- **"Monkey see, Monkey do"** Set a good example by letting your children see you read. Show them that reading is a good choice for leisure activity and sure beats watching TV. Talk about the book you're reading
- **Keep book characters "alive"** As your family faces different situations, ask how your child's favorite book character such as Olivia, the Pigeon, Batman, or the Little Snowplow would handle this.
- **Check out books being read** by popular actresses and actors at [www.storylineonline.net](http://www.storylineonline.net)

## MATH TIPS & TRICKS

### Dinnertime!

- **Elementary:** Have your child help measure ingredients for recipes. Compare the sizes of the measurements. Which are big? Which are small?
- **Middle/High School:** Find recipes in your home or online. Write the fractions you see and work with them! Compare, add or multiply the fractions.

## Sharing the LOVE

- **Deliver a treat to neighbors with a little note of kindness.** You can leave it by their front door and ring their bell or knock so they find it. Take a picture and send it in.
- **Write and send a note** (in writing or electronic) to someone different every day to let them know you love them.
- **Make kindness rocks** and hide them around the neighborhood. You could even make a [kindness basket](#)
- **Look in a mirror** and tell yourself 3 things you like about YOU then share with a family member or friend
- **Write a letter to someone in the military:** <https://amillionthanks.org/letter/>
- **Write a letter to an elder:** <https://loveforourelers.org/letters>

For more ideas: check out this [link](#)

## Send in Photos of you and your family sharing the love!

Send photos to: [SR.engagement@icademyglobal.org](mailto:SR.engagement@icademyglobal.org). Please include your family name, school you attend, and a description of what the photo is about. Photos may be used in our schools' blogs, social media accounts and website. Submitting photos gives IES your permission to do so. THANKS!



## STEWARDSHIP

### Give back to your neighborhood:

- Shovel a driveway/sidewalk
- Cook a hot meal
- Write an encouraging note
- Deliver baked goods
- Do a check in
- Wipe off their car window
- Draw a picture
- Share a good book
- Drop off/deliver groceries

## OUTDOOR LEARNING

Choose a [feeder station](#) to design with your child. Build it and find a place to put it where you are able to observe birds using it. Try to count the number of birds on the feeder, near the feeder, above the feeder, or below the feeder.

Consider making a [bar chart](#) or [bar graph](#) of the number of birds you see for a few days or the number of different color birds you observe. Make a prediction for the next day each time you observe.

## SOCIAL-EMOTIONAL TIPS

As we focus this month on sharing the love with those around us - in our families, neighborhoods, schools, community, and beyond, caring for ourselves is foundational. We will be unable to extend love, compassion, and kindness to others if we are not first able to extend those same expressions of care toward ourselves. As it is said - you cannot pour from an empty cup.

One way we can begin a practice of self-care is through the use of mindfulness techniques. The premise behind mindfulness is simple and involves being fully present and aware; focus on the present moment without judgment and with kindness to our thoughts, feelings, and experiences. Our minds tend to be busy places so this somewhat simple concept takes practice. Regular mindfulness practice is a time to quiet our mind and pay attention to our senses, to settle our breathing, and relax our bodies. Spending 10 minutes a day on this important act of self-care allows us to be more present in our relationships and in the work that we do. Not only is mindfulness great for our mental and emotional well-being, there are many wonderful health benefits!

Check out [this article](#) from Mayo Clinic with more information on mindfulness and its benefits

If you're ready to begin your own mindfulness practice, there are many resources available. Try [this](#) to start:

This month consider ways to incorporate more self-care into your daily life. Regular mindfulness practice is a great place to start!