

FAMILIES AND LITERACY COMMITTEE QUARTERLY NEWSLETTER

-January 2023-

A MESSAGE FROM THE COMMITTEE

Just as ripples spread out when a single pebble is dropped in water, the actions of individuals can have far-reaching effects. - Dalai Lama

As we enter the new year, we are looking at ways to care for ourselves, noticing the effects it has on our feelings. There are many ways to incorporate literacy skills while encouraging kids to take care of themselves. This promotes a positive, growth mindset which spreads and connects with others.

WHAT CAN YOU DO AT HOME?

Create a Gratitude Journal

Drawing or writing can help express feelings or help you become more aware of what you are feeling. Help your child find a notebook or sketchbook to express gratitude which leads to more positive thinking. Encourage them to write or draw in it daily, sharing a few things they are thankful for with the things happening in their life.

Practice Mindfulness

Search for ways to practice mindfulness which can be done in various ways, such as Tai Chi, Yoga, or Nature Walks. This could be done through checking out a book in the library or searching for videos. Afterward, journal about how it made you feel or write a list of things you've tried.

Created by Families and Literacy: Committee of the Wisconsin State Reading Association
www.wsra.org



BOOK SPOTLIGHT



The Friend I Need

by Gabi Garcia

It's tough being a kid sometimes. This book helps kids learn to be a good friend to themselves which carries into building relationships with others.

A series of three books...

I am Human

I am Peace

I am Love

by Susan Verde

These three books, with their beautiful wording, provide examples of how to practice mindfulness, empathy, and compassion. The final page provides more information for families to incorporate into your days. Each of the books are illustrated by Peter H. Reynolds.