



## Valley View Middle School

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November 2, 2020

Valley View Families,

Welcome to the month of November! At Valley View, we celebrate November as our *Month of Gratitude*.

November's focus is on how to cultivate appreciation and positive thinking. We are excited to share this month's theme-based calendar which provides ideas to boost your child's social and emotional intelligence, improve social skills, and reduce anxiety. With everything going on in the world right now, this may seem difficult to do, but it's more important now than ever. Please click the link below for suggested activities.

### [November Gratitude Calendar](#)

November's calendar contains daily gratitude activities to practice together as a family. Throughout the month, we will be reminding students to take a moment, and do two things:

1. Think about one thing you're grateful for.
2. Think about one person you are grateful for.

It's amazing how doing this simple exercise immediately lifts your mood and changes your energy.

Below are a few more simple and practical suggestions to boost these skills in your everyday life.

**Model gratitude and appreciation:** Sometimes we might think thoughts such as, "That was nice of her to hold the door open" or "Wow, this dinner was good, I'm glad I didn't have to cook it!" But do we remember to say those thoughts out loud? Try making it a habit to talk about the things and people for which you are grateful when your child is listening and noticing.

**Expressing Gratitude Together:** Try making it a family tradition to state the things you are grateful for each day, either at the dinner table, before bed, or when first waking up. Talking about what we are looking forward to and "what went well".

**Use Your Senses:** Help your child use the five senses to notice and become more aware of the things in life that make him/her happy.

**Silver Linings:** Last but definitely not least, we can help children look for the silver lining when there are difficult situations. Can they think of something good that came of it? Maybe a bright side? For

example, maybe the family was able to spend more time together with the COVID pandemic happening. Maybe they were able to stay warm inside if the soccer game was canceled. For this suggestion, it's important to validate their initial feelings of frustration, sadness, or fear before discussing the good that might have come. We don't want to devalue their initial emotions.

From the entire Valley View staff, we wish you a month of positive vibes and good health. We are truly grateful for your continued support.

Be well,

A handwritten signature in black ink that reads "Karin Kidd". The signature is written in a cursive, flowing style.

Karin Kidd