

# December

# Hope, Love, Joy, and Peace

## Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 	<p>2 Use the word “hope” as often as possible. “I hope you have a good day!” “What do you hope will happen today?”</p>	<p>3 Regular exercise lifts your spirits! Take walks, runs, and bike rides with your child. Kick and throw a ball around with them. Move their bodies!</p>	<p>4 Hopes are like wishes! “Star light, star bright, first star I see tonight. I wish I may, I wish I might, have the wish I wish tonight!”</p>	<p>5</p> <p><b>ACTIVITY PAGE</b></p> <p>“Hopes and Dreams Board”</p>	<p>6 Help your child come up with a “mantra” they can say to themselves to keep them hopeful like, “I’ve got this!” or “Just try!”</p>	<p>7 <b>Weekend Wrap-Up</b></p> <p>Read books this weekend that have “happy endings”. We all hope for happy endings!</p>
<p>8</p> 	<p>9 Sit with your family and pass around a flashlight. Have each family member flash the “love” light on each other and say something that they love about the person they shine the light on.</p>	<p>10 “Mirror, mirror on the wall. What do I love about myself most of all?” Start each day by having your child look in the mirror and say one thing they love about themselves!</p>	<p>11 Use lunch size paper bags, yarn, crayons, etc. to make family puppets. Each family member creates a puppet of a different family member so they show their love for them in the way they make them look!</p>	<p>12</p> <p><b>ACTIVITY PAGE</b></p> <p><u>I Love You Just the Way You Are!</u></p>	<p>13 Print photos of special people in your child’s life and create an album by placing photos in small Ziploc bags that are clipped together. As you and your child look at the photos, talk about what you both love about each person.</p>	<p>14 <b>Weekend Wrap-Up</b></p> <p>This weekend, have each family member choose something they love to do and all family members will do it with them and maybe you all will love it, too!</p>
<p>15</p> 	<p>16 You can’t know joy if you don’t know pain. Let your child feel painful moments. They can be sad or disappointed and know that joy will always follow the pain.</p>	<p>17 Spread joy with smiley face stickers! Wherever you take your child, give them a sheet of smiley face stickers to place wherever they like—even on a person!</p>	<p>18 Have a “free to choose joy” day. What does your child want to wear? What do they want to eat? Whatever will bring your child <b>JOY</b>, within reason, let them do it, just for today!</p>	<p>19</p> <p><b>ACTIVITY PAGE</b></p> <p>“Joy Rock Walk”</p>	<p>20 Can your child make a joyous face using a pancake, cut strawberries cut bananas, chocolate chips, or any other foods you might have? They can make joy and then eat it!</p>	<p>21 <b>Weekend Wrap-Up</b></p> <p>Choose a charity of some sort and take your child to make a donation of what is needed to bring joy to someone less fortunate.</p>
<p>22</p> 	<p>23 Plant a small peace garden, indoors or outdoors. Let your child pick the flowers that go in it. Taking care of it will create a peaceful feeling.</p>	<p>24 Blowing bubbles can help your child learn to take a deep breath and then let it go!</p>	<p>25 Have your child color an envelope and place dried lavender buds in it and seal it shut. Place under your child’s pillow to calm them before sleep.</p>	<p>26</p> <p><b>ACTIVITY PAGE</b></p> <p>“Peaceful Playdough”</p>	<p>27 Use your words! When your child is upset or angry and they are lashing out, help give them the words to explain how they are feeling rather than allowing physical actions like hitting or biting!</p>	<p>28 <b>Weekend Wrap-Up</b></p> <p>Wake up your child before sunrise. Wrap them up in a blanket and go watch the sunrise. So peaceful.</p>
<p>29</p> 	<p>30 Help your child fill empty water bottles with rice or dried beans and some glitter to shake in the New Year!</p>	<p>31 Nothing is more fun to ring in the New Year than having a glow stick dance party! Happy New Year!!</p>	<p><b>Character Word: Attentive- paying close attention to something</b></p> <p><b>Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant</b></p> <p><b>Calendar Translated by: Manuela Rodriguez</b></p>			



## Hopes and Dreams Board

For this activity, you will need a large piece of posterboard, magazines, and glue. Cut the posterboard into the shape of a cloud. Clouds are used to represent dreams! Help your child tear or cut pictures from magazines that they hope or dream to have or do. This could be everything from a toy to a place to visit to a food they want to eat. Take the pictures and let your child glue them to the cut-out cloud. Explain to your child that these pictures show what their hopes and their dreams and then you can talk about ways for them to make them come true!





## **I Love You Just the Way You Are**

by Tammi Salzano

This book is about unconditional love. Whether your child has silly hair or is bouncing on their bed, you love them! To always remind them how much they are loved, help them make a hug jar. You will need to purchase small hearts of some sort for this project- felt or stickers or any type you may find. First, have your child glue or stick on two hearts for eyes, a heart for a nose, and a heart for a mouth on a mason jar. Next, fill the jar with all of the hearts that you purchased or collected. Let your child keep the jar in their room and whenever they are feeling scared or sad, tell them to take a heart out of the jar and bring the heart to you. That will be your message to wrap your arms around them and give them a loving hug!



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## Joy Rock Walk

Whenever you and your child are out on a walk or visiting places near or far, collect some smooth rocks to take back home with you. Keep them in a basket or container. Anytime something brings your child real joy- a song that makes them sing SOOOO loud or a visit from their best friend or a phone call from their grandparent- paint the word or words that stand for that joyous moment on one of the collected rocks. Have your child place the rock somewhere outside your home and add rocks to create a trail each time a joyous moment happens for your child. Over time, you will have created a 'Joy Rock' trail to walk on anytime your child needs to remember what makes them happy!





## Peaceful Playdough

Put out some different colors of playdough for you and your child to play with. Give your child 2 or 3 of the colors of playdough for them to play with and you keep 2 or 3 colors for yourself. Make a point to tell your child that you both can only play with the colors each of you has and the colors cannot be mixed. It shouldn't take long for your child to want to play with one of your colors or mix colors together. When this happens, remind them of the "rules". Let them get a little sad or frustrated or even angry about this situation and then, give in a little bit. "Okay, would you like to play with one of my colors?" or "Want to see what happens when we do mix the red and yellow playdough?" These actions will change their mood and peace will come back to your playtime. Talk to your child about how much nicer it was when you both shared your colors and when you tried new things with the playdough by mixing them. That is how you have a peaceful playtime with family and friends!



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