

# COUNSELING CORNER

WITH MRS. DUEÑAS

Month

NOVEMBER

Word of the Month

## GRATITUDE

The quality of being thankful;  
readiness to show appreciation

### 6 Questions to Help Your Child Feel Grateful

- "What was your favorite part of today?"
- "What are you looking forward to today?"
- "What made you smile today?"
- "What's one cool thing you learned today?"
- "Who made you feel special today?"
- "What did you see outside that was beautiful or unique?"

November 2023 Gratitude Challenge						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>MINDFULNESS</b> Deep breathing for 3 min	2 <b>TOUCH</b> DIY a fidget toy	3 <b>NATURE</b> Go for a walk	4 <b>FAMILY</b> Have a game night
5 <b>HOME</b> Do an extra chore	6 <b>MEMORIES</b> Look at old pictures	7 <b>BODY</b> Have a dance party	8 <b>TASTE</b> Bake cookies	9 <b>TEACHERS</b> Give a small gift	10 <b>SKILLS</b> Have a family talent show	11 <b>LAUGHTER</b> Watch a funny movie
12 <b>TOYS</b> Donate a bag of toys	13 <b>FUTURE</b> Set 5 goals	14 <b>NEIGHBORS</b> Drop off a treat	15 <b>FRIENDS</b> Write a nice note	16 <b>CLOTHES</b> Donate a bag of clothes	17 <b>FOOD</b> Cook with family	18 <b>ART</b> Do a Fall project
19 <b>HEALTH</b> Make a new healthy choice	20 <b>KNOWLEDGE</b> Read your fav book	21 <b>PEOPLE</b> Give someone a compliment	22 <b>TECH</b> Take a tech break	23 <b>WARMTH</b> Cozy up with a blanket	24 <b>SWEETS</b> Make hot chocolate	25 <b>EARTH</b> Clean up your neighborhood /beach
26 <b>MOVEMENT</b> Go play outside!	27 <b>LOVE</b> Give many hugs today	28 <b>SUNSETS</b> Watch a sunset	29 <b>SLEEP</b> Go to bed early	30 <b>YOURSELF</b> Write three affirmations		

Community

[Family Yoga: 11/4 Click here](#)  
[Wellness Bash: 11/4 Click here](#)

Click the calendar to print and cross off completed days!

[CLICK HERE FOR AN OUTDOOR SCAVENGER HUNT DOC!](#)

Important Dates

[Daylight Savings Time Ends: 11/5](#)  
[Veterans Day: 11/11, no school 11/10](#)  
[World Kindness Day: 11/13 look for lunch activity](#)  
[Grandparents & Special Friends Day: 11/17](#)  
[Thanksgiving Break: 11/20-11/24](#)

