

## Uniqueness FEBRUARY 2025



### SAY IT:

*Uniqueness: Learning more about others so you can know more about yourself*

### KNOW IT:

#### ASK A GROWN-UP:

- What are some things you remember about your childhood that made you feel unique?
- Do you remember a time when your uniqueness helped you understand others?

#### ASK A KID:

- What are some ways you feel unique?
- Has anyone ever complimented you on something that made you feel unique?

### SEE IT:

Sometimes it is easy to notice all the ways we are different. When we look around, we can start to notice that everyone is created to be unique. We can appreciate how our friends and family all look different, have different likes and dislikes, and have different skills. In the short film, "The Reflection in Me," the main character has a conversation with their own reflection in the mirror. The reflection compliments them on not only the way they look, but also things about their character and hobbies. Take a few minutes to watch this video and be reminded that the reflection in your own mirror can stop and have a conversation with you, taking notice of all the things that make you unique and wonderful. <https://www.youtube.com/watch?v=D9OOXCu5XMg>

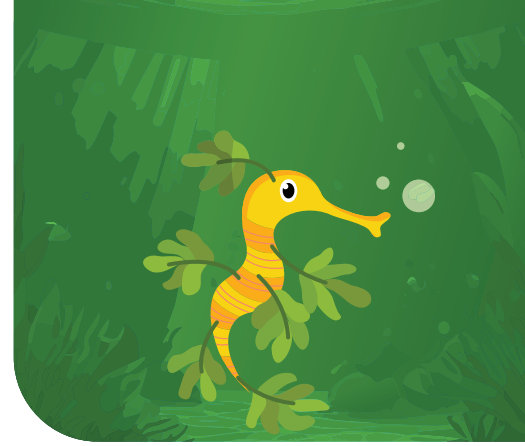
### BE IT:

Make a list of things you find wonderful and unique about yourself, your friends, and your family members. Don't focus on the way you look, but really consider positive things about each person's character and interests. Take time to remind yourself and your friends and family of the things you love and appreciate about our uniqueness.

# PHASE

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## We all want to know that we matter, that we are important.

One way that we can discover how we are important to others is **through work**. Maybe your child isn't ready to put in an 8-hour day at the office (who is!?), but he or she can still do significant work that will help your family and others. From taking out the trash, to doing dishes, folding laundry, or lending a hand to the neighbor, there are age-appropriate tasks that all kids can do.

Doing this work will make them feel important, needed, and connected to others.

**So don't miss it.** This month, look for work that develops independent habits in your child.