



Creativity

2nd Grade Family Connection

PurposeFULL
People

Overview

Get ready for some fun as we focus on Creativity this month! One way to think about Creativity is “using your imagination to create something new or solve a problem.” Opportunities to be Creative are all around us! How can you find ways to be Creative as a family this month?

Creativity is 1 of 3 traits we will focus on throughout the year that helps students Be Well. Throughout the school, students will be developing skills like emotion regulation, positive self-talk, and stress-management.

In The Classroom

It's important to be able to understand and manage our emotions. This month, 2nd graders will use the Emotion Elements to name their emotions, and practice applying strategies to regulate their emotions.

Emotion Elements

- **Bree** represents feeling silly, nervous, playful, or distracted.
- **Brooks** represents feeling sad, lonely, tired, or embarrassed.
- **Ember** represents feeling angry, frustrated, excited, or scared.
- **Terra** represents emotions like calm, focused, proud, or happy.

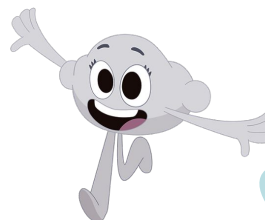
Emotion Regulation Strategies:

- **Breathe It Out** - take a nice deep breath or try out a specific breathing strategy
- **Move It Out** - move away from the situation or get some exercise
- **Talk It Out** - talk to a trusted adult about how you feel

Conversation Starters



- Is being Creative and using your imagination something you enjoy doing? Why or why not?
- When you think of Creativity, what emotion comes to your mind?



Bree



Brooks



Ember



Terra



Creativity

PurposeFull Pursuits

PurposeFull
People

Have some fun connecting as a family this month while practicing Creativity. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

Pursuit #1

Get Creative with expressing your emotions through a game of emotion charades! Gather as a family and brainstorm some emotion words. Write them on slips of paper and turn them facedown. Then, take turns choosing a slip of paper and acting out the emotion (assist with reading as needed). Other family members will guess the emotion that is being acted out. After each person's turn, take a moment to talk about what we may need when experiencing these emotions.

Pursuit #2

Review Creativity as a family. Creativity is using your imagination to create something new or solve a problem. This challenge is about creating something new - together! Find a large cardboard box and unleash your Creativity as you work together to create something totally new. What can the box become? Perhaps it will be a spaceship, an ice cream shop, a fairy castle, or a race car. Use any craft supplies or scraps on hand and your imagination to turn an ordinary box into a new creation!



Pursuit #3

Set aside some time to gather as a family and check in with each other. Ask each family member, "How are you feeling today?" Practice Honesty when responding and listen carefully as each family member shares. Use the emotion check-in questions to learn more and practice Creativity to come up with a new question to learn more! Challenge yourselves to check in with each other on a regular basis!



Emotion Check-In Questions:

- Tell me more about that feeling.
- Why do you think you are feeling that emotion?
- What do you need right now?

