MINDSETS matter

NOVEMBER 2026

STRENGTHENING SEL CONNECTIONS BETWEEN HOME & SCHOOL

WE ARE CONNECTED

Beginning this month, students will explore the **We Are Connected** mindset, which emphasizes the importance of connection and a sense of belonging. This mindset highlights the value of building and maintaining meaningful relationships rooted in acceptance, trust, and positivity.

Students will learn about the four components of this mindset: **Embrace Everyone, Maximize Positive Relationships, Build Your Dream Team,** and **Lead With Value**. These components encourage students to show kindness, build positive relationships, work well with others, and recognize that they are never truly alone.

According to the CDC, supportive social connections can lead to longer, healthier lives. Children and adults with stable, supportive relationships are more likely to make healthy choices, contributing to better overall mental and physical health.



7 MINDSETS AT HOME

Families play an important role in helping children develop the skills needed to build and maintain healthy relationships. Parents and caregivers can reinforce the **We Are Connected** mindset by modeling respect, empathy, and open communication. They can also help children recognize how their words and actions affect others, build friendships, work through disagreements, and make positive choices.

Strong relationships often grow through shared experiences, so make time to enjoy activities together as a family. Encourage children to build connections with people who are caring, supportive, and bring out the best in one another.

Consider some of the questions below and see where the conversation takes you:

- Who is on your Dream Team right now? Why?
- Who helped you today? How did they help, and how did they make you feel?
- What are some ways you can show kindness to a friend or family member?

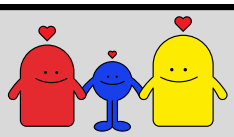
PRACTICING GRATITUDE

Gratitude is more than just saying "thank you." It can be as simple as recognizing and appreciating the good things in our lives.

Research shows that practicing gratitude boosts mental health, improves relationships, and even leads to better physical well-being.

During the month of November, encourage kids to reflect on specific moments from the day to brainstorm people, places, and things they are grateful for. Consider compiling a list to review with your family on Thanksgiving.

VIDEO HUB



Click each grade band to watch videos of students sharing what **We Are Connected** means to them.

K-2 * 3-5 * 6-8 * 9-12

7 MINDSETS