

Roots of Resilience

Nurturing Wellness in Students & Families

November 2023
Vol. 2



THIS MONTH

World Kindness Day
Children's Grief Awareness Day
Habitudes
Toolkit Spotlight

WORLD KINDNESS DAY MONDAY, NOVEMBER 13, 2023. IT'S A DAY TO CELEBRATE BEING KIND TO EVERYONE BY PERFORMING RANDOM ACTS OF KINDNESS.



Thursday, November 16, 2023

THE DEATH OF A FAMILY MEMBER OR FRIEND is painful for children and teens just as it is for adults. Grief can have a serious impact on learning and emotional and social development. For school-age children, bereavement can lead to decreased academic performance, social withdrawal, or new behavioral problems

Ways to support a grieving child include:

- Listening without judgment or adverse reaction.
- Offering reassurance, teach your children to breathe through their feelings.
- Incorporate mindfulness to notice their feelings right now and let them know it's ok to name the emotions and not fight them.
- Encourage children to notice how the feelings will come and go, sometimes intense and sometimes mild.
- Creating outlets for healing through time outdoors, arts and crafts, writing or journaling, music, watching a movie, or spending time with friends.

7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

make kindness the norm.

#WorldKindnessDay
#MakeKindnessTheNorm
www.randomactsofkindness.org

Attitudes and Habitudes

Habitude of the Month: Social Engagement

Promotes: Relationship Skills, Appreciating Differences, and Team Work



Each month, ACPS Middle and High school students participate in *Resiliency Education: Civic and Character Education and Life Skills Education* as part of Florida's Required Instruction. While the individual lessons vary between secondary institutions, they share thematic topics.

Middle School Lesson: Soloists and Symphonies **OR** Choir Director

- The music gets richer as people assume different roles yet work to cooperate rather than collide.
- While choir directors are an example of leadership and team building - auditioning, assigning parts, and rehearsal - the applause goes to the entire choir at the end of the performance.

High School Lesson: Hosts and Guests

- People of influence take the initiative in relationships and are intentional about them. They go out of their way to connect with people by assuming the role of host, not guest.

TOOLKIT SPOTLIGHT: GRATITUDE JOURNAL

Oftentimes, November is the month where we take a moment to pause and think of the things we're thankful for - both big and small.

This month's *Toolkit Spotlight* highlights the use of a gratitude journal. Especially during a time when we may be feeling sad, jotting down the things or people that bring us joy can help boost our moods. By doing this, we can reduce stress, increase positivity and self-worth, and keep us in the present as opposed to reverting to, or potentially dwelling on, the past.

Starting a gratitude journal can be as simple as picking up an empty notebook and writing down our thoughts. If we need a little more direction, there are plenty of online resources (*or even printed books*) that offer guided prompts to get our thoughts flowing.

To get it started, here's a simple prompt: *Write down 5 things that make you smile.*

Need a guided prompt? Check out the sample page!



Gratitude
____/____/20____

Today, I'm grateful for...

What did I learn today?

Daily Affirmation:

Sample Affirmations:
I am strong and capable.
I am allowed to feel upset.
I accept myself for who I am.

How do the *Habitudes* lessons relate to Gratitude?


Teamwork and Social Relations -

From a young age, we are assigned group projects. The idea is that each individual in the group will assume a certain role; these roles are dependent upon one another to create the end product - a collaborative, successful group project.

To work together, there is one individual who typically assumes the role of leader. However, regardless of one's role, all of the team players can be of diverse backgrounds and abilities to come together and combine their many thoughts in a collaborative manner. By doing so, we learn to appreciate differences and how to connect with one another; these skills aren't just necessary for success in school, but for success in life as well.

RESOURCES

Mental Health:

- Florida Suicide Prevention Hotline [800-273-8255](tel:800-273-8255) **OR** dial 988
- Alachua County Crisis Center [352-264-6789](tel:352-264-6789)
- Meridian Behavioral Health [352-374-5600](tel:352-374-5600)
- Hazel Health - A teletherapy option. Look for more information to come. 

Substance Use:

- Alcohol & Drug Addiction Hotline 24/7 -Call or text 988 or 850-487-2920
- Meridian-In-Patient Detox [352-374-5600](tel:352-374-5600)
- UF Vista- In-Patient Detox [352-265-5481](tel:352-265-5481)

Parent Coaching & Support:

- Parentguidance.org