



THRIVE BEHAVIORAL HEALTH
MEETING PEOPLE WHERE THEY ARE

Thriving Families

During this challenging time, the Thrive team has decided to compile useful resources, tips and activities into a weekly newsletter for Thrive families. Most of these tips and activities are geared to children ages 4–12. We hope this brings you a simple and enjoyable way to stay connected to your family.

5 Dinner Time Prompts

Try these conversation starters at dinner time and see where the conversation takes you!

- You're outside for a whole day, what would you do?
- If you had to give everyone in the family new names, what would they be?
- If you could grow anything in the yard, what would it be?
- If you could ask a wild animal any question, what would you ask?
- Come up with three silly new traditions for the world. Or for aliens on another planet!

Mindfulness Corner Go On A Safari

We have done this mindfulness corner before, but let's do it again since spring is approaching! Pick a nice sunny day to go on a walk with your kid. Have your kid try to notice the changes that are happening as we get warmer weather. Are flowers blooming? Do you see more bugs? Does the sun feel hotter against your face? Engage your kid in finding the differences between winter and spring in our environment.

Irish-American Heritage Month

Irish-American Heritage Month is observed and celebrated for the whole month of March! Irish-American Heritage month was first celebrated in 1991 by proclamation of the President and Congress in the United States to honor the achievements and contributions of Irish immigrants and their descendants living in the United States. Why do we celebrate this heritage month in March? Do you think it's because of St. Patrick's Day? If you said yes, you're correct! The heritage month is in March to coincide with St. Patrick's Day, the Irish national holiday on March 17.

Ways To Observe Irish-American Heritage Month



- Take part in the St. Patrick's Day celebration!
- Learn how to Irish stepdance!
- Go on a virtual trip to Ireland.
- Try traditional Irish recipes.
- Read and learn about Irish culture and traditions.
- Listen to traditional Irish music.

Happy St. Patrick's Day!

St. Patrick's Day

St. Patrick's day is a day of celebration for Saint Patrick, who helped bring Christianity to Ireland. The day is celebrated annually on March 17, the anniversary of St. Patrick's death. Though it is a religious holiday, there are a number of traditions and ways people celebrate the day across the world. Like, wearing green for good luck, eating corned beef and cabbage, going to parades, and putting up decorations of shamrocks and leprechauns! Learn more about St. Patrick's Day here! <https://www.youtube.com/watch?v=ckRcNbYQD9k>



Shamrock Toilet Paper Roll Stamp

Supplies:

- Empty toilet paper roll
- Green paint
- Paint brush
- Paper
- Tape
- Paper plate



Instructions:

1. Start by pushing the toilet paper roll inwards making a heart shape. Put a long piece of tape over it to hold it.
2. Put green paint on a paper plate and dip the stamp into it. Make sure when you push it down on a piece of paper you emphasize pushing the arch part.
3. Use a paintbrush and paint inside the clover leaves and draw a stem.

St. Patrick's Day Books

- *Jack and the Leprechaun* by Ivan Robertson
- *The Night Before St. Patrick's Day* by Natasha Wing
- *The Leprechaun Who Lost His Rainbow* by Sean Callahan
- *How to Catch a Leprechaun* by Adam Wallace
- *The Story of the Leprechaun* by Katherine Tegen
- *How to Trap a Leprechaun* by Sue Fliess

Leprechaun Juice



Festive recipes are always fun, but we know that Saint Patrick's Day falls right in the middle of your week which may make prepping even more difficult. We found a fun and festive recipe for "Leprechaun Juice" to get you and your family in the spirit.

Ingredients:

- 1 quart of lime sherbet (softened)
- ½ cup thawed limeade concentrate
- 2 tablespoons of sugar
- 2 cans of lemon lime soda (chilled)
- 1-2 cups of crushed ice

Directions:

1. In a large bowl beat sherbet, limeade, and sugar until blended.
2. Stir in soda and ice.
3. Pour into cups and serve.



Hunt for a Pot of Gold



What's more fun than hunting for a pot of gold on Saint Patrick's Day?! Oriental Trading offers free printable treasure hunt cards here:

<https://cl.drupal.orientaltrading.com/sites/default/files/downloads/pdf/shamrock-treasure-hunt.pdf>

Don't have a printer? That's okay! Just take a look at the cards and handwrite your own.

Hide the cards in the appropriate place around the house with the "pot of gold" at the very end. What will be in your pot of gold is completely up to you! It could be a paper made pot of gold, a container filled with favorite snacks, Saint Patrick's Day themed cupcakes, or something more.

Paper Plate Rainbow

Supplies:

- White paper plates
- Party streamers or colored tissue paper
- Scissors
- Cotton balls
- Glue
- Tape

Instructions:

1. Fold the paper plate in half and use scissors to cut along the crease line.
2. Use tape to attach long strips of colorful party streamers or tissue paper in the order of a rainbow. Flip the plate over.
3. Apply glue to the inside of the paper plate and add cotton balls on top of the glue.
4. Allow to dry completely.
5. Optional — Use a hole punch to add a hole near the top of the rainbow's arch. Thread string or yarn through the hole to hang your colorful rainbow craft from the ceiling!



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