



**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!**

- What do you think you're going to dream about tonight?
- Describe a great day. What are you doing that makes it special?
- Who is your favorite storybook character?
- What makes you happy?
- What makes the best fort?

### Mindfulness Corner

#### Mindful Breathing

Sit up in a comfortable way and close your eyes. Notice your breathing—pay attention to your breath as it goes in and out, and how your breath gently moves your body. Do you notice your belly or your chest moving as you breathe? Do this for a few minutes to see how relaxed you can feel just sitting, breathing in and out.

# A WEEK OF CELEBRATIONS

## NATIONAL DISABILITY INDEPENDENCE DAY—July 26

**National Disability Independence Day on July 26th commemorates the signing of the Americans with Disabilities Act (ADA) on July 26th, 1990. The ADA provides protection from employment discrimination as well as better access to goods, services, and communications for people with disabilities.**

Celebrate today by helping someone—hold doors open, offer to carry groceries to their car, etc.

## NATIONAL WATERPARK DAY—July 28th

**National Waterpark Day was founded by Kalahari Resorts and Conventions founded in 2017!**

Celebrate today by going to a waterpark, or make your own waterpark at home!

- Fill up some balloons with water and have a water balloon fight.
- Pull out the sprinklers to run through.
- Make a slip and slide with a plastic sheet (can be found at a hardware store) and a hose.

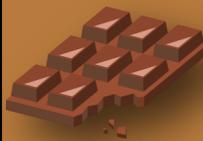


## NATIONAL AUNT AND UNCLE'S DAY—July 26th

Aunts and uncles are awesome, don't ya think? Well, today is the day to celebrate and honor them! Here are some fun ways to show them how special they are.

- Give them a call
- Go visit them
- Take them out to lunch
- Or make them an awesome craft! You can find the crafts here—<https://nontoygifts.com/gifts-for-kids-to-make/>

## NATIONAL MILK CHOCOLATE DAY—July 28th



Do you love milk chocolate? If you do, this is the holiday for you! Celebrate

National Milk Chocolate Day by eating your favorite candy bars!

OR

Experiment with different candy bars! go buy a selection of candy bars and taste test them. Which one is your favorite? Which one tastes better? Turn it into a game—have a blind fold taste test and see if you can guess which candy bar is which!

## NATIONAL CHICKEN WING DAY—July 29th

**Former mayor of Buffalo, Stan Makowski, officially established National Chicken Wing Day in 1977.**

Celebrate today with making your own yummy chicken wings!

### Ingredients:

- 5 lbs chicken wings
- 2 eggs, beaten
- 2 cups flour, for dredging
- 1/4 - 1/3 cup vegetable oil
- 4 tablespoons soy sauce
- 1/2 cup water
- 1/2 cup white vinegar
- 1 cup sugar

### Instructions:

1. Cut the wings at joints into 3 parts, discarding the tips (or buy them already cut).
2. Dip wing portions into the beaten egg, dredge in flour and brown in a tablespoon of oil, in batches, adding more oil as needed. Remove wings to a roaster or large casserole dish.
3. Combine soy sauce, water, vinegar and sugar and pour over wings.
4. Bake in a pre-heated 350 degree oven for one hour, stirring occasionally and covering at the end if needed.



## NATIONAL CHEESECAKE DAY—July 30th

Celebrate today by eating your favorite cheesecake!

### Styles of Cheesecakes:

- New York-style cheesecake
- Pennsylvania Dutch-style cheesecake
- Philadelphia-style
- Farmer cheese cheesecake
- Country-style cheesecake
- Lactose-free cheesecake
- Cheesecake Kludys
- Chicago Style cheesecake
- Savory cheesecake



## NATIONAL AVOCADO DAY—July 31st

### Fun Facts:

- An avocado is actually a berry
- Avocados contain the most protein and fiber of any fruit
- There are 1,062 varieties of avocado
- In Jamaica, avocados were once called “alligator pears.”



Instead of making guacamole, try these recipes! - Blend a avocado with some bananas and cocoa powder and you'll have chocolate pudding. Make a yummy salad dressing by blending a avocado with some garlic, olive oil, salt and lemon juice.

OR

Try these ideas—Mashed avocado with banana and olive oil make a great hair conditioning paste. Mash it up with some olive oil, honey and yogurt and you have an ideal facial mask.

### References:

Cookin-jo. (2005, September 11). Kids' Favourite Chicken Wings. Kids' Favourite Chicken Wings Recipe - Food.com. <https://www.food.com/recipe/kids-favourite-chicken-wings-137033>.

Saylor, H. B., & Golay, B. (2021, March 15). National Day Calendar. <https://nationaldaycalendar.com/>.

20, E. M. U. M., & Magee, E. (n.d.). 63 Fun Questions to Get Your Kid Talking. Parents. <https://www.parents.com/parenting/better-parenting/advice/questions-every-parent-should-ask-their-kid/>.