



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!

- Would you rather have a body that is shaped like a candy cane or shaped like a lollipop?
- Would you rather have four arms or four legs?
- Would you rather fly like a bird or swim like a fish?
- Would you rather live in a jungle or in a zoo?
- Would you rather be able to touch the top of the sky or the deepest part of the ocean?

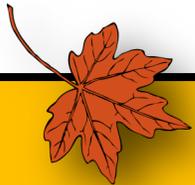
Mindfulness Corner

Star breathing

Spread one hand out like a star. Use the index finger on your other hand to trace the outline of your star hand. Take a deep breath in as you move to the top of your thumb. Breathe out as you move down between your thumb and first finger. Take another breath in as you move to the top of your first finger. Breathe out as you move down between your first and second finger. Repeat until you have taken five slow, deep breaths.

Hurry Up Fall

Fall is right around the corner! Soon it'll be Halloween and then Thanksgiving! We have gathered some fun fall activities to start the new season. Check out our fall sensory scavenger hunt and try to complete the fall bucket list!



Sensory Nature Scavenger Hunt

TOUCH	HEAR	SEE	SMELL
<input type="checkbox"/> Something spiky	<input type="checkbox"/> Something quiet	<input type="checkbox"/> Something bright	<input type="checkbox"/> Something pretty
<input type="checkbox"/> Something smooth	<input type="checkbox"/> Something repetitive	<input type="checkbox"/> Something tiny	<input type="checkbox"/> Something fruity
<input type="checkbox"/> Something cold	<input type="checkbox"/> Something loud	<input type="checkbox"/> Something holey	<input type="checkbox"/> Something earthy
<input type="checkbox"/> Something warm	<input type="checkbox"/> Something far away	<input type="checkbox"/> Something tall	
<input type="checkbox"/> Something rough	<input type="checkbox"/> Listen for animals	<input type="checkbox"/> Something colorful	
<input type="checkbox"/> Something crunchy	<input type="checkbox"/> Listen for insects	<input type="checkbox"/> Something that flies	
<input type="checkbox"/> Something heavy			





Fall Mindfulness Activities

Fall Mindfulness Walk – Take a walk and take note of what you can see, hear, feel, and smell. Can you hear the wind blowing and the leaves crinkling? Can you see the leaves changing colors and falling? Can you feel the touch of the bark or the points of the leaves on the ground?

Pumpkin Sensory Exploration – Have your child make observations about a pumpkin (you can participate too!) They can run their finger along the pumpkin, tracing the lines and feeling the bumps and ridges. They can tap the pumpkin and listen for a sound. They can smell the outside of the pumpkin and then you can open it and smell the inside, feel the seeds and the guts, and even bake the seeds and eat them to explore the taste!

Football Touch & Trace - Footballs have great textures for mindful sensory explorations! Children can run their palms over the bumpy skin and trace one finger over the laces. Prompt your child to describe the sensations in their palms and fingertips.

Apple Pie Play Dough - Squeezing, smashing, and molding the play dough is a great sensory activity, and the scents are an added bonus. You can make your own apple pie scented play dough with the Apple Cider Play Dough Recipe shared in this newsletter.

Apple Pie Play Dough Recipe

Ingredients:

- 1 cup flour
- 1/4 cup salt
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp cream of tartar
- 1/2 tbsp oil
- 1 tsp red food coloring (optional)
- 1 cup water
-

Instructions:

1. Combine dry ingredients
2. Add wet ingredients
3. Cool over medium heat until the dough pulls away from the sides of the pot
4. Let the dough cool and then play!



Salt Crystal Leaves Experiment

Supplies:

- Salt
- A pot
- Construction paper
- Scissors
- Plate or Cookie Tray



Instructions:

1. Cut out leaf shapes from paper. Boil 1 cup of water and add enough salt to over saturate the mixture.
2. Put the leaves on a plate with space between each one and pour a thin layer of saltwater solution over the leaves.
3. Let your salt crystal leaves sit until the water evaporates. Examine the leaves along the way and check out the crystal growth!
4. Let dry completely on paper towels if necessary and enjoy!
5. (You can turn these leaves into ornaments by punching holes into the tips before you crystallize them.)

Fall Family Bucket List

- ◇ Play in Leaves
- ◇ Pick Apples
- ◇ Make Soup Together
- ◇ Gather Around a Bonfire
- ◇ Tailgate (you can even make it an 'at home' tailgate!)
- ◇ Go to a Pumpkin Patch
- ◇ DIY Your Own Halloween Costumes
- ◇ Get Lost in a Corn Maze
- ◇ Have a Spooky Movie Marathon
- ◇ Make Art with Leaves
- ◇ Bake Something with Pumpkin
- ◇ Drink Apple Cider
- ◇ Visit a Local Fall Festival
- ◇ Bob for Apples in the Backyard



Fall Books

Welcome in the new season by reading some books about fall!

- Wild Child by Lynn Plourde
- One Red Apple by Harriet Ziefert
- Leaf Man by Lois Ehlert
- Fall is Not Easy by Marty Kelley
- Know It's Autumn by Eileen Spinelli
- Red Leaf, Yellow Leaf by Lois Ehlert
- Fletcher and the Falling Leaves by Julia Rawlinson
- We're Going on a Leaf Hunt by Steve Metzger
- Apples and Pumpkins by Anne Rockwell

References:

Fall family bucket list: 30 must-do activities for your family to enjoy. Sunshine Whispers. (2019, July 22). <https://sunshinewhispers.com/fall-family-bucket-list-30-must-do-activities-for-your-family-to-enjoy/>.

www.facebook.com/counselorkeri. (2021, August 14). Fall mindfulness activities. Counselor Kerl. <https://www.counselorkeri.com/2021/08/14/fall-mindfulness-activities/>.

Dees, K. (2021, July 23). 20 favorite Fall books for kids. Fantastic Fun & Learning. <https://www.fantasticfunandlearning.com/fall-books-preschool-kindergarten.html>.

Racheous, Emma @ P is for Preschooler says, Emma @ P is for Preschooler, Elise @ Creative Play Central says, Central, E. @ C. P., says, S., Sara, says, C., Clare, says, T. N. H., Homeschool, T. N., says, L., Lee, says, D., & Denica. (2017, April 30). Sensory nature scavenger hunt: Free printable! Racheous. <https://www.racheous.com/montessori/sensory-nature-scavenger-hunt/>.

Whitney, L., Littlebins, 11 Fall Crafts for Kids You and Your Family are Sure to Love says: 100+ Fall Activities for Kids - Thinking Kids says: & Leaf Themed Activities For Kids - Life Over Cs says: (2021, July 29). Salt crystal leaves science experiment. Little Bins for Little Hands. <https://littlbinsforlittlehands.com/salt-crystal-leaves-science-experiment-kids-fall-theme/>.