



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.

OCTOBER

Celebrate the month of October with these fun activities and ideas!

Autumn Charades

You may know charades to be a fun family or group game, but did you know there are developmental advantages to playing charades? A game of charades teaches children to “think outside the box”, problem solve, manage time, and use non-verbal communication skills. We’ve developed some fun autumn and Halloween themed charades cards for your next family game night. Just download, print, and cut and you’re on your way to some festive fall fun!

Printable Charades Cards: <https://drive.google.com/file/d/14jE2ZDuN9OByM1bG2r7d-F8f83S2IMbH/view?usp=sharing>

If you’re not sure how to play charades, you can find rules online here: <https://www.cs.umd.edu/users/nau/misc/charades.html>



Halloween safety

Who is ready to trick or treat in person this year!? Safety during Halloween is very important, especially with Covid-19 this year. Here are some safety tips to practice while trick or treating and after.

Keep It Bright—dark colors are harder to see at night. Give your kids glow sticks, stick reflective tape on their costumes, or have them carry a flash light.

Use Makeup—since costume masks can obstruct vision, try face paint instead.

Go As A Group—older kids should always stick together, and younger kids should always be with an adult.

Stay On The Step—kids should never enter a strangers home.

Check The Candy—before you let your kids dive in, dump the entire candy bag out and inspect it all. Throw out any homemade candy or packaged candy that has been ripped open.

Sanitize, Sanitize, Sanitize—keep a bottle of hand sanitizer with you to sanitize your hands and your kids hands between every house to prevent germ spreading. If your older kids go trick or treating with their friends, give them a bottle as well.

Check out this fun Jack Hartmann video about Halloween safety!

<https://www.youtube.com/watch?v=8KCvk1SrYqI>



Cardboard Roll Bat Craft



Supplies:

- Cardboard tube or a toilet paper roll
- Paint (black or brown)
- Paint brush
- Construction paper (black or brown)
- Black pipe cleaners
- Scissors
- Single hole punch
- Glue
- Googly eyes
- Sharpie (black and silver)

Instructions:

1. Paint your cardboard tube either black or brown (depending on the color bat you'd like to make).
2. While the cardboard tube is drying, draw some bat wings onto construction paper and cut them out.
3. Glue the wings onto the back of the cardboard tube.
4. Cut out some little triangles from your construction paper to make ears. Glue these onto the bat, along with some googly eyes. Use a marker to draw a mouth.
5. Punch two holes in the bottom of your cardboard tube. This is where the legs will go.
6. Cut a black pipe cleaner in half. Twist one end of each pipe cleaner through each punched hole.
7. To make the feet, snip off the last inch of each leg. Wrap the one-inch piece of pipe cleaner around the bottom of each leg. Fold the middle part of the foot to make a hook for hanging.



Eat Better, Eat Together Month

October is eat better, eat together month! Here are some tips for making family meals:

Schedule Family Meals—look at the calendar and choose a day that works with everyone. Try to make a habit out of having family meals at least once a week.

Plan the Meal Ahead of Time—pick a fun recipe that everyone will like. Make the shopping list as a team, so everyone is involved in planning the family meal. If you can, you can even prep the meal the night before to cut down the cook time and to have more quality family time! This is also an important time to teach your kids the benefits and importance of eating healthy and clean.

Involve Kids at Family Meals—celebrate National Eat Better, Eat Together Month by having kids help at mealtime! Little ones can help set the table, older kids can gather the ingredients, wash, stir or mix while cooking, and teens can help cook.

Optimistic October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Write down three things you can look forward to this month	2. Find something to be optimistic about (even if it's a difficult time)	3. Take a small step towards a goal that really matters to you	4. Start your day with the most important thing on your to-do list	5. Be a realistic optimist. See life as it is, but focus on what's good	6. Remind yourself that things can change for the better	7. Look for the good in people around you today
8. Make some progress on a project or task you have been avoiding	9. Share an important goal with someone you trust	10. Take time to reflect on what you have accomplished this week	11. Avoid blaming yourself or others. Find a helpful way forward	12. Look out for positive news and reasons to be cheerful today	13. Ask for help to overcome an obstacle you are facing	14. Do something constructive to improve a difficult situation
15. Thank yourself for achieving the things you often take for granted	16. Put down your to-do list and do something fun or uplifting	17. Take a small step towards a positive change you want to see in society	18. Set hopeful but realistic goals for the week ahead	19. Identify one of your positive qualities that will be helpful in the future	20. Find joy in tackling a task you've put off for some time	21. Let go of the expectations of others and focus on what matters to you
22. Share a hopeful quote, picture or video with a friend or colleague	23. Recognise that you have a choice about what to prioritise	24. Write down three specific things that have gone well recently	25. You can't do everything! What are your three priorities this week?	26. Find a new perspective on a problem you face	27. Be kind to yourself today. Remember, progress takes time	28. Ask yourself, will this still matter a year from now?
29. Plan a fun or exciting activity to look forward to	30. Identify three things that give you hope for the future	31. Set a goal that brings a sense of purpose for the coming month				

National Bullying Prevention Month

The month of October is National Bullying Prevention Month. It is important to take time this month to educate ourselves and parents and members of school communities to learn how to prevent bullying and what to do when bullying occurs. It is just as important to educate our children on what to do when they witness or are victims of bullying.

Take some time this month to visit <https://www.stopbullying.gov/> and educate yourselves and children on the importance of anti-bullying. The Stop Bullying website is from the U.S. Department of Health and Human Services and has sections for parents, kids, and school staff.

And remember to wear Blue on shirt on Monday, October 4 in solidarity of bullying and cyber bullying prevention and an orange shirt on October 10 for Unity Day.

ACTION FOR HAPPINESS

Happier · Kinder · Together



References: Halloween safety. Safe Kids Worldwide. (n.d.). Retrieved October 1, 2021, from <https://www.safekids.org/halloween>.
 Franzen-Castle, L. (n.d.). October national eat better, eat together month. October National Eat Better, Eat Together Month | Nebraska Extension: Community Environment | Nebraska. Retrieved October 1, 2021, from <https://communityenvironment.unl.edu/october-national-eat-better-eat-together-month>.