



**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.



# NOVEMBER

Happy November! Here are some fun ways to celebrate the month and give thanks!

## Apple Pie Bites



### Ingredients:

- 1/4 cup packed light brown sugar
- 1 teaspoon apple pie spice, and additional apple pie spice (about 1/4 teaspoon) for sprinkling on top of crescent rolls
- 3 tablespoons unsalted butter, melted
- 1/3 cup chopped pecans
- 1 small Granny Smith apple, cored and sliced into 8 (1/2-inch) slices
- 1 (8 ounce) tube Pillsbury Original crescent rolls

### Instructions:

1. Preheat your oven to 375 degrees F. Line a baking sheet with parchment paper.
2. In a small bowl, combine brown sugar and apple pie spice. Set aside.
3. Melt butter and toss apple slices in butter, set aside.
4. Arrange crescent roll triangles on baking sheet lined with parchment paper. Evenly distribute brown sugar mixture onto each triangle.
5. Sprinkle each triangle evenly with the chopped pecans.
6. Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple.
7. Brush each crescent roll with remaining butter. Sprinkle lightly with additional apple pie spice.
8. Bake for 10 to 12 minutes, or until golden brown. Cool for 5 minutes before serving.

## Learn and Celebrate Native American Culture

- <https://www.historyforkids.net/native-americans.html>
- <https://kids.nationalgeographic.com/history/topic/native-americans>
- <https://www.history.com/topics/native-american-history/native-american-cultures>

## Gratitude Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love

Natural  
BEACH LIVING

# Thanksgiving M&M Gratitude Game

For most of us, a big part of the Thanksgiving holiday is giving thanks. The Thanksgiving M&M Game is a fun way for you and your family to share what you are grateful for.

## Supplies Needed:

- M&Ms in every color
- M&M Gratitude Game Cards (Found here: <https://drive.google.com/file/d/1FhX104gc89pMAdbVPOZakX-qxTSnbHph/view?usp=sharing>)

## How to Play the Thanksgiving Gratitude Game:

1. This game is super easy to play. First, have everyone sit in a circle.
2. Next, pass out the gratitude game cards to each player or have a few on the table as a guide for everyone playing.
3. Pass out a mini bag of M&M's to each person or place a spoonful of M&M's in front of each player.
4. The first person closes their eyes and chooses an M&M from their pile. They then share something they are thankful for based on the color of the M&M they picked and the color on the card. For example, if they picked a yellow M&M, the person shares a memory they are thankful for.
5. Go around the circle until everyone has a chance to choose an M&M and share something they are thankful for. Feel free to keep going around and sharing more.



## Coffee Filter Turkeys



### Supplies:

- Coffee Filters
- Washable Markers
- Wooden Clothespins
- Red and Yellow Craft Foam
- Googly Eyes
- Brown Paint
- Glue Gun and Glue Sticks
- Scissors
- Paintbrush
- Spray Bottle with Water

### Instructions:

1. Use a variety of patterns and colors that are next to each other on the color wheel, such as red, orange and yellow. You don't have to color the entire coffee filter completely, because the colors will spread and blend together.
2. Next, spray the colored coffee filter with water. Use just enough water to make the colors blend together. Then, set the coffee filter to the side and let it dry completely.
3. While the coffee filter is drying, paint all sides of a clothespin with brown craft paint and paintbrush. Then, set it to the side and let it dry completely.
4. After the paint on the clothespin is dry, glue on the googly eyes.
5. Next, cut a triangle beak from yellow craft foam and a squiggly waddle from red craft foam. Then attach the pieces under the googly eyes using glue.

## New Ways November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					



ACTION FOR HAPPINESS

Happier • Kinder • Together

## Books About Gratitude and Thanksgiving

- Llama Llama Gives Thanks by Anna Dewdney  
James and the Giant Peach by Roald Dahl
- Thank You, Mr. Falker by Patricia Polacco
- Thankful by Eileen Spinelli
- I'm Thankful Each Day! by P. K. Hallinan
- I Know an Old Lady Who Swallowed a Pie by Alison Jackson  
Cranberry Thanksgiving by Wende Devlin  
A Charlie Brown Thanksgiving by Charles M. Schulz