



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.

MARCH BRINGS SPRINGTIME

SPRING FAMILY BUCKET LIST

Spring is finally here, but if we know anything about Maryland weather it’s that spring won’t last long! Be sure to enjoy every moment you can by knocking of some of these spring bucket list ideas with your family.

- Plant flowers and watch them bloom
- Blow bubbles
- Color with chalk
- Go playground hopping
- Jump in puddles
- Hunt for rainbows after a rain shower (hop in the car and drive around seeing where you can spot them)
- Visit a farmers market
- Fly a kite
- Have a picnic
- Take outdoor family photos (even with the selfie mode of your phone)
- Pick wildflowers
- Watch the sunset
- Make a bird feeder
- “Egg” your neighbors house with spring treats
- Make a Bird Feeder



INTERNATIONAL HAPPINESS DAY

The International Happiness Day occurs on March 20, 2022. It is promoted by United Nations “because happiness is a global human right.” On this day, the world recognizes is the importance of happiness in our lives!

Not only is happiness a human right, it is so good for our bodies! Happiness can lower the blood pressure and risk of heart disease, ensure better sleep, improve your diet and allow you to maintain a healthy body weight, and reduce stress.

And what better reason could there be to celebrate?!

Here are some ways to celebrate International Happiness Day:

- Make a Happiness Collage
- Sing and Dance to a Happiness Playlist
- Get Fresh Air and Exercise
- Make a Gratitude Jar (or Journal)
- Count How many Times you Smile throughout the Day (Make it into a Contest with Your Family. Who can smile the most?)
- Throw (or Plan) a Party
- Do Something that Makes you Happy

Mindful March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Set an intention to live with awareness and kindness	2. Notice three things you find beautiful in the outside world	3. Start today by appreciating your body and that you're alive	4. Notice how you speak to yourself and choose to use kind words	5. Bring to mind people you care about and send love to them	6. Have a 'no plans' day and notice how that feels	
7. Take three calm breaths at regular intervals during your day	8. Eat mindfully. Appreciate the taste, texture and smell of your food	9. Take a full breath in and out before you reply to others	10. Get outside and notice how the weather feels on your face	11. Stay fully present while drinking your cup of tea or coffee	12. Listen deeply to someone and really hear what they are saying	13. Pause to watch the sky or clouds for a few minutes today
14. Find ways to enjoy any chores or tasks that you do	15. Stop. Breathe. Notice. Repeat regularly	16. Get really absorbed with an interesting or creative activity	17. Look around and spot three things you find unusual or pleasant	18. If you find yourself rushing, make an effort to slow down	19. Appreciate nature around you, wherever you are	20. Focus on what makes you and others happy today daysofhappiness.net
21. Listen to a piece of music without doing anything else	22. Notice something that is going well, even if today feels difficult	23. Tune into your feelings, without judging or trying to change them	24. Appreciate your hands and all the things they enable you to do	25. Focus your attention on the good things you take for granted	26. Choose to spend less time looking at screens today	27. Cultivate a feeling of loving-kindness towards others today
28. Notice when you're tired and take a break as soon as possible	29. Choose a different route today and see what you notice	30. Mentally scan your body and notice what it is feeling	31. Discover the joy in the simple things of life			

ACTION FOR HAPPINESS **Happier · Kinder · Together**

IRISH-AMERICAN HERITAGE MONTH

HAPPY ST. PATRICK'S DAY!

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:

- Try traditional Irish recipes. (see recipe)
- Read and learn about Irish culture and traditions.
- Listen to traditional Irish music.

Irish Pancakes

Celebrate Irish American month with this traditional Irish recipe!

NOTE: They must be cooked right after mixing, as the acid in the buttermilk starts to react with the baking soda at once. — The batter is very thick, so it will not run like a typical pancake.

Ingredients:

- 2 cups all purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1 tablespoon white sugar
- 1 large egg, beaten
- 1 cup buttermilk
- 1 tablespoon unsalted butter, browned
- 1 tablespoon unsalted butter, for frying pan



Directions:

1. Sift the dry ingredients into a bowl. In another bowl, add the beaten egg, buttermilk, and browned butter in a constant stream to the dry ingredients while stirring together the batter. Careful not to over-beat, as this will make dense pancakes.
2. Now heat a skillet over medium-low heat. Add a tablespoon of butter to the skillet, stir it around until the skillet is coated, and then add a few large dollops of batter (about 3 inches wide and half an inch high) to the pan, careful not to overcrowd it. Cook for about 4 to 5 minutes a side, until golden brown and cooked through. Serve with butter, jam, and syrup.

Rainbow Craft

Supplies:

- Cotton pads
- Glue
- Cardstock
- Craft sticks
- Paint



Directions:

1. If you using natural craft sticks begin this rainbow craft by painting your craft sticks and allowing them to dry.
2. Cut a small piece of cardstock (fiberboard would work as well). The purpose of the cardstock is a base to glue the craft sticks.
3. Glue the card sticks to the piece of cardstock starting with red and ending with purple.

NATIONAL WOMEN'S HISTORY MONTH

Women's History Month went from one day, to one week, to one month! In 1987, Congress declared the entire month of March Women's History Month. Since then, every president has declared the month of March Women's History Month. We celebrate Women's History Month to remind ourselves of the accomplishments and change women made in the past and present to our culture and society!

Celebrate Women's History Month with these idea:

- Play a game—create or buy a game about women history
- Read together—check out these books
 - Kamala and Maya's Big Idea by Meena Harris
 - Ambitious Girl by Meena Harris
 - I Am Enough by Grace Byers
 - She Persisted by Chelsea Clinton
 - Ada Twist, Scientist by Andrea Beaty
 - I am Jazz by Jessica Herthel and Jazz Jennings
- Research and write a book report about a famous historical woman
- Show gratitude— draw a picture, write a card, or wish someone a happy women's history month!
- Remember diversity—celebrate and research woman of color, or women in the LGBTQ+ community who have helped fought for equality for everyone.

