

# EARLY CONNECTIONS NEWSLETTER

November 2024

## The Feelings Wheel

It can be hard to know what you're feeling. This wheel is a powerful tool to help you and your child do exactly that. To use, identify an inner circle emotion and move to the outer circle for a deeper look into what may be underneath. Becoming aware of your emotions can promote self-compassion and mindfulness to get you through your day.



# Gratitude Practices for Kids:

from: Very Well Mind

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- Take turns at dinner sharing one thing everyone is grateful for
  - Share three things you and your child love about each other at bedtime
  - Help your child come up with one nice thing they will do for someone they love each week
  - Model gratitude as a parent: point out a beautiful sunset or a fun activity you enjoyed together



## Holiday Resources:

- Thanksgiving Dinner Giveaway: Nov 25th 8am at the City Mission
- Sign up for Salvation Army Angel Tree Toys – November 13th, 14th, 20th, and 21st (1022 Liberty Street, 10am – 2pm)
- St. Paul Center Clothing Giveaway – Dec 7th 10am – 2pm
- Sensory Friendly Santa Photos: Nov 23rd at Dream Builders Playspace (sign up online)