



november 2023

Leaves are changing. Temperatures are dropping. Kids are saying, “thank you”, not just for the things in their lives, but for the people in their lives, too! We are learning about the Big Idea of gratitude this month, letting others know you see how they’ve helped you. You’re welcome!

GRATITUDE:

Letting others know you see how they’ve helped you

Gratitude NOVEMBER 2023



SAY IT:

Repeat the definition before and after you brush your teeth.

Gratitude: Letting others know you see how they've helped you

KNOW IT:

ASK A GROWN-UP:

- Describe a time when someone did something really special to help you. How did you show your gratitude?

ASK A KID:

- Who has done something for you recently that you are truly thankful for? How did you show them gratitude?

SEE IT:

Check out this fun little video to learn some new ways to say thank you:

<https://youtu.be/PcAuJvlj1qg>.

Which one was your favorite way to say thank you? We can have a good time learning how to say thank you in new languages, but true gratitude is often more than just those two words.

BE IT:

Make a list of some people in your life to whom you would like to show gratitude. Come up with some creative ways to let them know you've seen how they've helped you. Instead of just saying thank you, make a card, write a letter, bake a cake, do some chores or yard work, or just spend some quality time with them. Think about that specific person and the most meaningful way to show gratitude to them.

PHASE

Gratitude

NOVEMBER 2023



Kids will grow up to have a better future when three things happen:

- They make wise choices.
- They build strong relationships.
- They maximize their potential.

As parents, each age is a new opportunity to help develop these skills every month by having conversations about the Big Ideas learned at school. How does the Big Idea of kindness, for example, relate to getting along with siblings? Or prepare kids for college or a career?

So don't miss it. Conversations – both simple and meaningful – have a significant impact on the development of your kids' current and future self.

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GRATITUDE // SKINK // YELLOW

Quick – what’s that rustle in the leaves? That twitch of tail? Maybe it’s a snake, or it might be a skink. These long little lizards are found across most of the United States. Their snake-ish looks come from shiny, overlapping scales.

The common five-lined skink – with its characteristic blue tail when young – ranges from the mid-United States eastward, and north into Canada. It’s the only lizard native to New England and Ontario.

About those tails... If a skink is threatened, it can “lose” its wiggly tail to distract a predator and make a getaway. A new tail grows back, though not as long. As they mature, adult male five-lined skinks lose their stripes and become tan colored. The stripes on females fade as well, but not completely.

In general, skinks are solitary. Males try to keep other males out of their territory. Females often lay eggs close to each other.

A female lays 12 to 18 eggs in a depression somewhere, perhaps in a rotting log or abandoned burrow. She must keep her eggs moist, so handy access to a water source is ideal.

The eggs incubate from 24 to 55 days, depending on the temperature. To keep them warm, the mother will go bask in the sun and return to wrap her body around the eggs. She might take turns with other females, so all the eggs remain guarded.

A day or two after hatching, the young leave the nest and the next generation is on its own. Gardeners are grateful if skinks come their way because they help control insects and other creatures which cause harm to plants.

GRATITUDE: *Letting others know you see how they’ve helped you*



**Gardeners appreciate skinks,
as they help control pests.**

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GRATITUDE // SKINK // YELLOW

The color of the sun, yellow can impart warmth, cheerfulness, and communication. It suggests a range of desirable attributes from intellect to playfulness, with an optimistic attitude. Sometimes yellow has had negative meanings (as a term for cowardice, or as a color associated with those who have been persecuted). But in cultures around the world, it has generally been linked to positive traits. Our eyes are at their most sensitive when encountering the wavelengths of light we see as yellow. It's the most luminescent color. Just like an expression of appreciation to someone special, a little goes a long way.

***GRATITUDE:** Letting others know you see how they've helped you*