



# STUDENTDESK

INTEGRATED MONTESSORI SCHOOL

## FAMILY DAY CELEBRATION

HOME ACTIVITY





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06 March 2020

Dear Parents/Guardians,

Greetings!

We are so happy to share with you our Family Day Celebration Home project. The theme for this year's celebration focuses on educating and inspiring both children & adults to develop and practice emotional intelligence.

## HOW IT WORKS:

1. Starting tomorrow **March 07, 2020**, you may start celebrating with your family using the attached home activities. *(pages 2 to 5)*
2. Document your celebration by taking photos of your family doing the activities together.
3. Print three (3) best photos at most (A5 size) and submit to school on or before **March 16, 2020 (Monday)**. Submitted photos will be posted on our community board. Late submission will not be displayed.
4. You may also post your photos on facebook or instagram using the following hashtags:

**#FamilyEQMatters**

**#studentdeskims**

5. Although this activity is **NON GRADED**, we encourage you to participate.

Congratulations in advance for being your child's champion in completing his/her family day project. You both deserve a star!

Please feel free to contact us at (02) 7 738 5985 if you have any questions or clarifications.

Thank you for your continued support. God bless you always!

All the best,

**MS. SARAH ALBERTO-TORDESILLAS**  
Program Director

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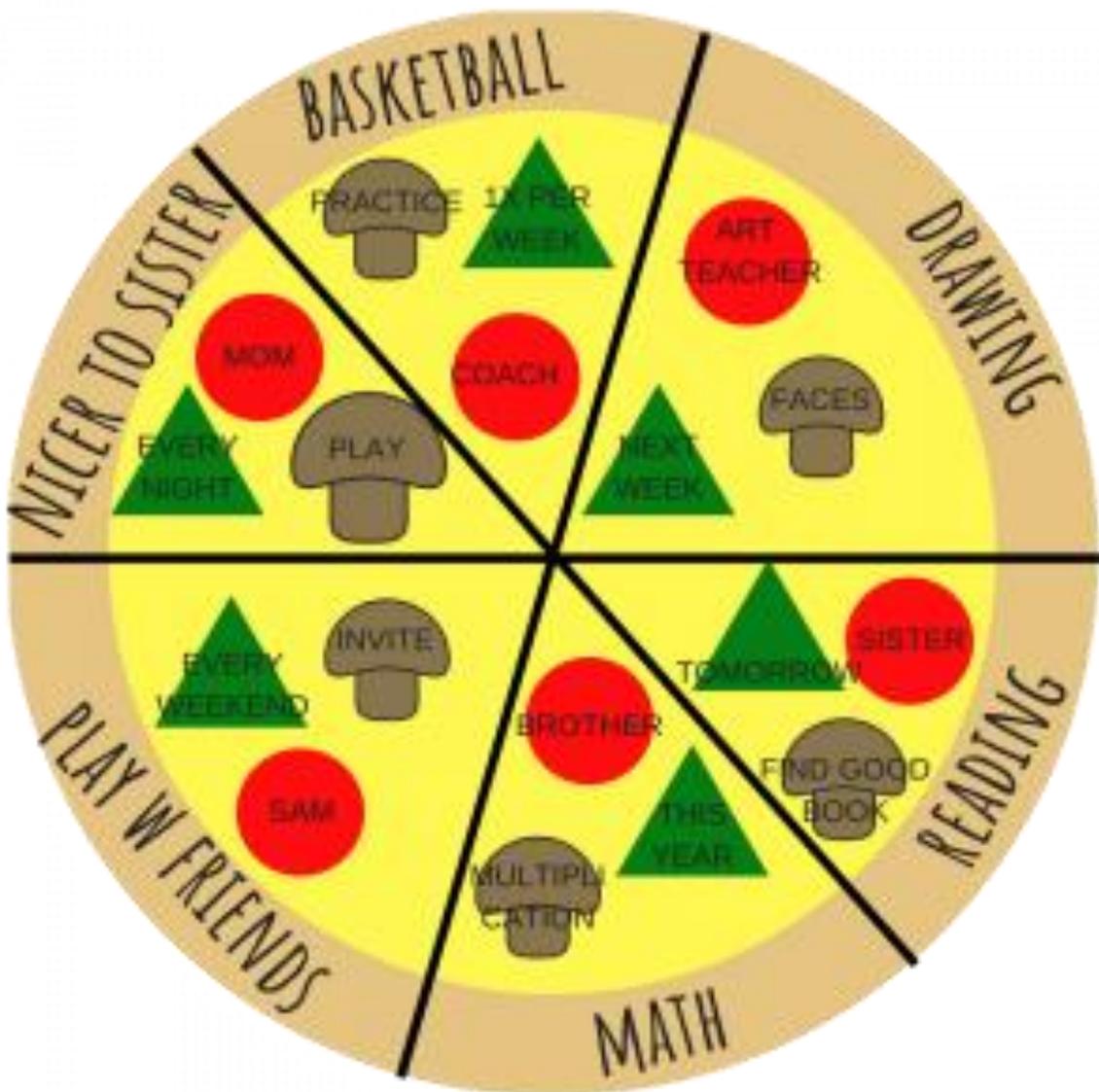


### GOAL PIZZA

<b>Introduction</b>	<p><b>Setting Goals</b> is a proven way to empower people and help them achieve (their own definition of) success. This activity will shows kids a fun (and yummy!) way to set goals and take action steps toward reaching them.</p>
<b>Goal</b>	<p>For children to identify their goals and to use the Three W's to successfully map out a pathway to achievement.</p>
<b>Background</b>	<p>Successful goals are achievable when they are concrete, measurable, and supported by other people. We will use a tool called the Three <b>W's: Who?, What?, When?</b></p> <p>In this activity. The <u>Three W's</u> provides a concrete framework for breaking a goal into manageable steps. For example, if a child wants to become a better dancer, they use the Three W's to ask themselves:</p> <p><b>Who Can Help?</b> My dance teacher, my parents, and my friends who like to dance</p> <p><b>What Do I Need to Do?</b> Work on my turns</p> <p><b>When?</b> 1 hour twice a week</p>
<b>Instructions</b>	<ol style="list-style-type: none"> <li><b>1. Gather materials:</b> A piece of paper for each person, markers/ pens/ colored pencils for writing, drawing, and coloring</li> <li><b>2. Make your "Goal Pizza":</b> On a sheet of paper, draw a big circle, then draw lines to section it up into six slices, like a pizza. Then, write different categories on the "crust" of each slice (see photo below). For example: draw, basketball, reading, friends, family, piano. Underneath the category, write down a goal for it. For example, "I want to get to make better grades."</li> <li><b>3. Create the "toppings" for your Goal Pizza:</b> Draw three of your favorite toppings on each slice of pizza, making them big enough to write on. Then, write your answer to the three W's on each one: Who can help?, What do I need to do?, and When?</li> <li><b>4. Decide where your "oven" is:</b> Put your pizza somewhere you can see it and check it often. This will be your oven! Decide how long your pizza will need to bake to reach your goals, and write that on your sheet of paper.</li> <li><b>5. Celebrate!</b> When your pizza is fully baked, have a celebration (like a pizza party!)</li> </ol>

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### GRATEFUL MAIL

<b>Introduction</b>	Practicing gratitude is linked with so many benefits; how can we teach our children to grow up with an “attitude of gratitude”? In this activity, kids (and adults!) will make art about what they are grateful for, then they will send the art to someone they love.
<b>Goal</b>	To recognize what we are grateful for and communicate that gratitude with others.
<b>Instructions</b>	<ol style="list-style-type: none"><li><b>1. Gather Materials:</b> for this grateful art, you can use any art materials. Keep in mind that, if you will need to mail your art to someone, it should be able to fit in an envelope or box!</li><li><b>2. Make your art:</b> Explain to the children that they will be drawing or creating what they are grateful or thankful for. One of these things they are grateful for should be a person that they want to share their art with. Adults are encouraged to make art, too!</li><li><b>3. Talk about your emotions:</b> While you make your art, you can discuss the emotions that arise when focusing on gratitude. How do the emotions change based on which item you are focusing on?</li><li><b>4. Deliver your art:</b> Hand deliver or mail your art to the person in your piece of art.</li></ol>
<b>Discuss</b>	<ol style="list-style-type: none"><li>1. What emotions did you experience while creating your art?</li><li>2. What emotions did you experience giving your art away?</li><li>3. How could you focus on what you are grateful for a little bit more in life?</li></ol>

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### THE THREE COURAGE QUESTIONS

<b>Introduction</b>	Growing courage is not only about doing a scary thing– it's about listening to your heart and doing the right thing, too.
<b>Goal</b>	This exercise prompts kids to explore their fears with the Three Courage Questions and then choose a course of action.
<b>Instructions</b>	<ol style="list-style-type: none"><li>1. First, explain that we will be talking about other peoples' fears, so it is important to make everyone feel SAFE. What are some ways your group can make sure everyone feels safe? Explain that talking about your fears is VERY courageous!</li><li>2. Each person writes down a fear of theirs on a piece of paper and anonymously drops it into a hat.</li><li>3. Take turns choosing one out of the hat, reading it aloud, and saying why it might be scary to someone.</li><li>4. Then, as a group, come up with a few options for navigating that fear. Then, evaluate these options based on  The Three Courage Questions:<ul style="list-style-type: none"><li>• Will it break an important rule or is it against the law?</li><li>• Will it hurt someone?</li><li>• Does it feel right for you?</li></ul></li><li>5. Based on the answer to the Three Courage Questions, choose the best option (or two!) that is both courageous and right.</li></ol> <p><b>For example:</b> The piece of paper drawn is "spiders." The person who draws says, "Spiders are scary because they can crawl on you and maybe even hurt you." The group comes up with ways to deal with this fear: "You could kill it!" or "You could ask for help" or "You could put a cup on top of it and slide paper underneath to put it outside." Then, discuss the Three Courage Questions: killing it would hurt the spider and might feel wrong, so maybe that is not the most courageous choice, and so on with the other choices.</p>
<b>Discuss</b>	<ol style="list-style-type: none"><li>1. How can something feel "right" and "scary" at the same time?</li><li>2. What helps you feel courageous?</li><li>3. How can the Three Courage Questions help you make braver, better decisions?</li><li>4. How do you know if something feels "right for you"?</li></ol>



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