



Skills for @ Home Learning What we've learned so far...



Introduction

As we approach six weeks of physical distancing from the outside world, we've all likely begun to establish a "new normal" in our daily routines with our loved ones at home. Individually, we may have uncovered some new habits that help us get our day started, complete our "to do" tasks, all while co-existing and interacting with family members in our immediate living space.

You may have seen social media posts or memes poking fun at the stress or potential challenges of "too much" together time, however also consider this rare time in our lives as an opportunity to further create lasting family rituals that bond your family closer than ever before.

Family Rituals and Traditions



Think back as a child, what family rituals or traditions did you have? What family traditions have you carried on or begun? Family rituals and traditions are special ways of doing things that we repeat over and over again. Much like when you use a muscle in your body repeatedly, it makes the muscle stronger. Likewise, sharing repeated experiences in a certain way strengthens the family. Traditions give your family stability and a sense of belonging. A family's values and beliefs are often reinforced through these traditions.

Family Rituals to Enhance a Sense of Belonging

- shared family mealtime
- enjoyable activities on the weekends, such as watching sports and movies
- family outings, road trips, vacations
- celebrations, such as birthdays, anniversaries and reunions
- religious practices or holidays
- cultural traditions that recognize ethnic roots, such as gatherings and preparing foods together.

What family rituals do you and your family currently have?

Keeping the Old, Adding the New

This pandemic has brought about a sudden and significant change in our lives. We know sometimes change can bring confusion and stress that upset our typical routines and traditions. However, by building new traditions during this time, a family learns how to handle life's changes and challenges together.

Some things to consider when establishing family rituals is to develop meaningful activities based on shared family members' interests; remain creative, open and spontaneous; and as parents, take an active role in participating and building connection.

*It is even important to create traditions that are just between you and your kids. Consider the following:

- ❖ How and when do you express "I love you"?
- ❖ What do you do when your kids get into bed or before you go to sleep?
- ❖ How do you spend Saturday mornings?
- ❖ What do you do for Sundays at lunch?

What are some new rituals you have created during this time?

Five Creative Family Free Time Ideas

Fishing for Some Fun - Fill a large bowl or container with slips of folded papers each with written at-home or local fun activities to do together as a family. Designate certain times of the week to pull from it randomly to engage in a new free time activity. All family members can contribute ideas to the bowl at any given time and then decide collectively when and how to attempt the activity together.

Dive into Daily Dinners - Create family traditions such as a family picnic night where simple meals can be eaten in the yard or at a nearby park. One night a week could be a "theme" night with a meal focused on a current event or a unique dish. Light a candle or play some family favorite music in the background.

Family of Explorers - Spend time researching new areas or trails around your home or the city. Venture by way of neighborhood walks or biking, set up picnics, fly kites, play catch, or bring family games outdoors.

Dance Party Breaks - Put on some family favorite tunes or allow your child to step in and DJ together a living room dance party.

Share Your Stories - Pull out your old photo albums and share your memories with your kids. Let them know about your history with funny or interesting stories from your past.

Tips for Doing Family Fun Activities Together

Plan ahead using these tips to help make family nights happen at least once or twice a week:

- ★ Put it on the calendar and make sure everyone knows when it is.
- ★ Plan activities that everyone will enjoy or can at least participate in.
- ★ Mix things up - the themes can help with this.
- ★ Keep things simple --it's about the memories, not about stressing about making everything perfect.
- ★ Put supplies together ahead of time so that you're all ready to go when it's time for family time.
- ★ Make sure everyone understands that family night starts when you start the activity and ends when everything is cleaned up.



WEEKLY HELPFUL HINT:

These websites regularly provide free, family focused activities or activity ideas in and around the Houston area:

www.houstononthecheap.com

<https://365thingsinhouston.com/>

It is important to all of us at Pasadena ISD that you get the help you need and communication is vital. Please make sure to:

- Check the district and your child's campus website/Facebook page daily
- Reach out to your child's teacher(s), counselor, assistant principal or principal with issues you are struggling with or questions you have.