

## The Spiral of Success: Belonging

Dear Parent/Guardian:

Our Free The Horses topic for this week is BELONGING. The mission took the group on a quest for the golden Spiral of Success. As they neared the Forest of Confusion, where they would begin looking for the spiral, they came across Theadora Bear (better known as Ted Bear). She did not seem to like herself or anyone very much. However, Merlina had said that everyone is lovable; all you need are good eyes and a good heart to find the things to like. When the group found several things to like about Ted Bear, she discovered that it's good to have a friend and it's good to be a friend!



Suggestion for this week

1. Ask your child, "What are the things about our family that help you feel like you belong to the family?" Or "What makes you feel like you are a part of this family?"
2. Suggest that the family start a "family night". On this night, once a week if possible, the family will spend quality time together. You might share certain activities: playing games, going out for ice cream, playing a sport, going for a walk or bike ride, or making cookies. Make sure that it is on a night where everyone can participate.
3. Have your child invite a friend home after school or on the weekend. Encourage inciting a new friend if your child is open to the suggestion. After the visit, ask your child to tell you a couple of things that he or she likes about the new friend.
4. Draw attention to things that you do with friends. It's a good reminder to children that adults also have and need friends. You will be a role model to your children in this way, too.

Sincerely,

Mrs. Zadorozny & Grade 2 Teachers