

WWMNS PARENTS GUIDE TO

#THURSDAY THOUGHTS

DECEMBER 3RD, 2020

FREE SPEAKER EVENT!

WELLBEING IN THE
TIME OF COVID-19
WITH DR. LAURIE
SANTOS

THURS. DEC. 3 | 6:30-8:00PM

LIVE ON FACEBOOK
@ NEW BEDFORD GUIDE

18 hours ago



WELL COVID-19
ACTION
COALITION

WELL BEING IN THE TIME OF COVID-19 WITH DR. LAURIE SANTOS, YALE PROFESSOR

COVID -19 Action Coalition is sponsoring a free speaker event live on facebook at 6:30 Check it out today on Facebook @NEW BEDFORD GUIDE.

SEL Tip Of The Day

PROMOTE A GROWTH MINDSET

Growth mindsets allow us to see the world through a lens of growth, which means we have the power to turn our thoughts from a negative focus induced by stress to a positive focus striving toward improvement. Help your child develop a growth mindset by teaching them to focus on the positive and view challenges as opportunities for growth, rather than threats.

FAMILY FUN



Family Fun Night MINUTE TO WIN IT

These [Minute to Win It games](#) are hilarious! They are great to play at home with the family or at your next party or group event. Fun for all ages!

Kindness Calendar



The holidays are here! In the middle of all of the hustle and bustle, take the time to spread kindness to others around you. Use this [calendar](#) to find ways you can spread kindness daily in the month of December!