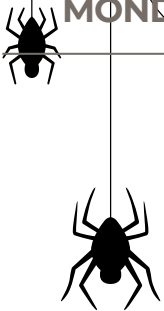


OCTOBER 2026

FAMILY ENGAGEMENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1. How are you feeling today? 	2. Make Different Faces in front of a mirror to practice different emotions.	3. Practice slow Breathing. 	4. Read a story about feelings.
5. Help create a cozy corner with stuffed animals and books.	6. Tell each member of the family why you appreciate them. Be Kind	7. Draw a picture about your feelings. 	8. Pretend to hide like a turtle shell when feeling overwhelmed.	9. Practice working as a team: Cleaning up together	10. Practice using your words: "I need help please." 	11. Play freeze dance! 
12. Take turns listening to each other. 	13. Talk about a brave moment. BE BRAVE!	14. Give your child a simple problem, and talk about how to solve it.	15. Do something kind for someone. 	16. Play a game to practice when to go, stop, and waiting.	17. Give a hug or high five! What do you feel most comfortable with?	18. What would you do if someone took away a toy from you?
19. What colors make you feel happy? 	20. Pretend your stuffed animal has a big feeling? How can you help?	21. What colors make you feel sad? 	22. Practice practice: "I don't like that."	23. Practice 5 calm breaths. 	24. What colors make you feel angry? 	25. Talk about storybook characters.
26. Practice saying "Thank you."	27. Draw a picture of something kind some did for you.	28. Make a safe choice about a new snack.	29. Make a safe choice about a new activity.	30. How do you feel about Halloween?		

NOVEMBER 2026

FAMILY ENGAGEMENT CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1. Name one thing that makes your family special.
2. Make a family feelings chart. 	3. Practice asking to borrow something.	4. Take 3 full breaths, when feeling overwhelmed.	5. Practice taking turns with your favorite toy.	6. What helps you feel better when you are sad? 	7. Give someone a compliment 	8. Draw a picture of someone who makes you feel safe.
9. Give your child a simple household chore. 	10. Practice listening without interrupting. 	11. Thank someone who helps your family. 	12. What can we do when we feel angry? 	13. Practice stretching when you need to calm down. 	14. Play a game, to learn how to be a good sport.	15. Take a quiet family walk, and notice what you see around.
16. Practice saying: "I need your help." 	17. What makes your child feel safe?	18. Practice sharing. 	19. Say 3 things your are thankful for.	20. Celebrate Children's Day! 	21. Help prepare a family meal together.	22. Practice giving someone space when they need it.
23. Make a Thank You card for someone special. 	24. Practice patience for waiting for something.	25. Take a quiet day, after a busy day. 		27. How was your Thanksgiving? 	28. Talk about your feelings. 	29. Have a family dance day.

DECEMBER 2026

FAMILY ENGAGEMENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1. Talk about something you are excited about.	2. Do you feel happy, sad, worried, or mad?	3. Practice 5 slow breaths.	4. Create a cozy warm space. 	5. Do something kind for someone else.	6. Dance to a holiday song. 
7. Practice saying "No thank you" respectfully.	9. Read a holiday story and discuss the characters.	9. Practice waiting and taking turns. 	10. Draw a picture of something that makes you feel happy.	11. Play a listening game. 	12. Practice stretching when you are feeling restless.	13. Work together on completing a task at home.
14. Let your child choose a family activity.	15. Practice saying how you feel. 	16. Talk about family traditions. 	17. What makes you feel safe? 	18. Make family ornaments. 	19. Practice how to ask for permission.	20. Talk about why rest is important. 
21 Take a winter walk and talk about what you see.	22. Practice giving without expecting something in return.	23. Practice a calm down strategy. 	24. Talk about your favorite holiday tradition.	MERRY CHRISTMAS	26. Take a quiet day and talk about how you feel.	27. Play a family game. 
28. Take a look at family photos and talk about them.	29. What was your favorite memory this year?	30. Celebrate something you accomplished this year.	<i>New Year's Eve</i>			