



Hello Mullica families,

Each week you will receive some suggested activities to do together as a family that focuses on a specific topic within the monthly PBIS theme. October's theme is RESPECT. This week's topic is: **respect our bodies and minds.**

This week we are focusing on how to respect ourselves. As we continue to navigate our changing environments, it's important that all members of the family are able to take care of their physical, mental, and emotional health.

1. **Discover what self-care means to you and your family:** Self-care is simply the idea of taking care of yourself. Whether that looks like taking a nap, exercising, reading a book, or playing with the family pet, self-care can take a variety of forms. Self-care can be a family activity or a solo one.
 - a. Alone time is important to have in order to recharge and to develop a sense of self. It's an opportunity for kids to figure out their likes, interests, and hobbies.
 - b. Not sure where to begin? Start simple by encouraging your children to do the things they already enjoy doing or [help them start self-care practices.](#)
 - c. Remind your children (and yourselves!) to set aside at least 30 minutes a day to practice self-care; it's a great way to reduce stress and take a break from our busy schedules.
2. **Eat well and live well:** What better way to respect our bodies than to give it healthy food and exercise?
 - a. Start simple by making it a family goal to [eat the rainbow](#) or eat a variety of different colored fruits and vegetables throughout the week. Different colored foods contain different vitamins and nutrients we need for our bodies to function properly.
 - b. Children need at least 60 minutes of daily aerobic activity, or activity that makes their heart beat faster, such as walking, running, or sports. Try some [online family exercise videos](#) to get started or take advantage of the cool fall weather and spend some time outdoors!



We'd love to see what our families are doing at home! Feel free to [share any photos or anecdotes](#) about how your family practices self-care.