

Kinsley

Everleigh



2023 November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 play Make a turkey with feathers that signify what you're thankful for.
5 Daylight Savings Time Ends	6 Talk Talk about what being thankful truly means.	7 Election Day	8 Read Read a book about thankfulness.	9	10 count Talk about your child's three most generous moments.	11 Veterans Day
12	13 Log-Off Do something for someone else.	14	15	16 Read Read about why caring for others is important.	17	18
19 Log-Off Draw your favorite food!	20	21	22	23 Thanksgiving	24 play Reinact the first Thanksgiving Dinner.	25
26	27	28 count Count how many things you're thankful for in this moment. Make a List!	29	30		

NOVEMBER HEALTH TIP:

In the winter months we all do more sitting, but, if at all possible, help your child get at least 30 minutes of exercise a day. This will help them sleep better, reduce the risk of sickness, improve their behavior, manage emotions, and perform better at school.

