

# Canyon Thoughts

A Canyon Grove Academy Newsletter December 2020



## **SELF-CARE** FOR PARENTS & CAREGIVERS

You made it! You are half-way through your school year. We hope you take a look at this resource and *TAKE TIME* to *TAKE CARE OF YOURSELF!*

[\*\*SELF-CARE SUGGESTIONS LINK\*\*](#)

## **Important Dates**

This week was the last week of in-person Epic and Innovations classes. It was also the last week of Home Learning Courses. We will start up again January 4th-8th.

## **Winter Break Fun for Kids**

Infuse the break with some delight! This link has a list of fun things to do at home!

[\*\*\*Link\*\*\*](#)



## **10 FRIENDLY ELVES**

We love Big Life Journal at Canyon Grove Academy! In this idea resource, there are many “elves” that can leave fun notes for your children around the home - such as the Kindness Elf, the World Traveler Elf, the Adventure Elf, the Culinary Elf, and the Positivity Elf. Use this idea to add a little love, support, and magic to your holiday season! [\*\*LINK\*\*](#)

## **TAKE TIME TO PLAY**

The opposite of play is not work - the opposite of play is depression. Respecting our biologically programmed need for play can transform work. It can bring back excitement and newness to our job. Play helps us deal with difficulties, provides a sense of expansiveness, promotes mastery of our craft, and is an essential part of the creative process. Most important true play that comes from our own inner needs and desires is the only path to finding lasting joy and satisfaction in our work. In the long run, work does not work without play. - Brene Brown

## **Happy Holidays!**

We wish the the very best during this season. Thank you for all that you do for your children. We love working with you at Canyon Grove!