



# Nature Immersion Weekly Connection

Week of:	<b>Nov.5-9th , 2018</b>
Conscious Connection	<p>"Every conflict presents you with a choice. You can choose to view conflict as an opportunity to teach, or as an opportunity to blame and punish."</p> <p>- Dr. Becky Bailey</p>
Birthdays 	<p><b><u>Happy Birthday to you!</u></b></p> <p>Ms. Sydney 11/13</p>
NI News 	<p>Instead of our regularly scheduled monthly parent meeting this month, we will be joining the whole school for the Fall Harvest Dinner on Thursday Nov. 15th @ the yard next door to Highland House. Check your emails for the potluck sign up.</p>
NI Recap	<p>This week we read lots of books about the Fall season what that might look like for us in Florida. We noticed that we do have some leaves that have changed colors and the children had fun finding leaves of orange, yellow and brown. The leaves were collected, sorted, counted and displayed on sticky paper for all to enjoy!</p>
Afternoon Atelier	<p>This week in Nature Immersion our students used coffee filters as their paper and washable markers as their medium. They colored and drew shapes on the paper to later spray it with water and watch how the colors turned tie- dye. We then cut our coffee filters to fit the shape of an apple and glued it to make fall apples. We did a layering experiment as well this week, painting freely on a large piece of brown paper one day and letting it dry and then dipping cotton balls in paint to create cotton ball splatter art. The children all stood a certain distance from the paper and tossed cotton balls at it to make a one of a kind abstract piece of art. We also focused on drawing leaves step by step using cools and warm colors and also crayons as a resist and then watercolor to be painted on top. We had a nice race track set up as well using recycled papers to pave a path for the students to use cars, whose tires were dipped in paint, to race across. They noticed the different tire patterns and had a great time .using their bodies to drag their cars across the paper race track.</p>

## We Care Central nter



# November 2018 Happiness Calendar

Take this month to explore gratitude and compassion.

Keep up with the latest on the science of connection, compassion, and happiness by [subscribing to our newsletters](#).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Greater Good Science Center</b>  ggsc.berkeley.edu greatergood.berkeley.edu				<b>1</b> Find out what lies behind our <b>feelings of gratitude</b> to other people.	<b>2</b> <b>Are you grateful</b> for the good things in life—or do you take them for granted? Find out with this quiz.	<b>3</b> Not feeling so thankful? Discover <b>10 ways to become more grateful</b> .
<b>4</b> <b>Shift your focus</b> to the good things in life with this gratitude meditation practice.	<b>5</b> What would make you <b>happier at work</b> ? Listen to this podcast episode for some ideas.	<b>6</b> Feeling overwhelmed? Check out these four tips for <b>living a more courageous life</b> .	<b>7</b> It's Saxophone Day! Learn how <b>music and empathy</b> converge in the brain.	<b>8</b> Find out why <b>Kristin Neff</b> thinks women need <b>fierce self-compassion</b> these days.	<b>9</b> Check out these eight ways <b>awe</b> can <b>make your life better</b> .	<b>10</b> Feeling grateful can make you <b>healthier and happier</b> . Find gratitude with this letter-writing practice.
<b>11</b> Are your kids <b>holding a grudge</b> ? Help them find the path to forgiveness.	<b>12</b> Dive deep into the latest on the <b>science of gratitude</b> with this comprehensive report.	<b>13</b> It's World Kindness Day. Kick it off with some <b>random acts of kindness</b> !	<b>14</b> Ruminating over "what might have been"? Learn <b>how to let go of an old regret</b> .	<b>15</b> Try this Reminders of Connectedness practice to <b>boost kindness</b> .	<b>16</b> <b>Friendships</b> are important to your mind and body. Here's why you should prioritize yours.	<b>17</b> It's <b>Take a Hike Day</b> . Spend it outdoors!
<b>18</b> Try these five body-based practices to <b>boost your resilience</b> .	<b>19</b> Finding it hard to talk to people with <b>differing political views</b> ? Here are 10 tips that can help.	<b>20</b> Don't underestimate awe. Here's eight reasons <b>it makes your life better</b> .	<b>21</b> In preparation for tomorrow's day of thanks, here's a round-up of <b>gratitude's greatest hits</b> .	<b>22</b> Happy Thanksgiving! Here are three tips to help the <b>generosity flow</b> .	<b>23</b> This Black Friday, instead of buying more stuff, <b>revel in experiences</b> that money can't buy.	<b>24</b> Take the long weekend to reflect on how you can <b>increase the love in your life</b> .
<b>25</b> <b>Dan Siegel's</b> meditation practice can let you gain <b>freedom from your thoughts</b> .	<b>26</b> Find out how much of your <b>happiness is under your own control</b> .	<b>27</b> Parents, are you tired of nagging your kids? Learn how to <b>focus on the positive</b> !	<b>28</b> Learn a <b>better way to say sorry</b> !	<b>29</b> Check out what one former curmudgeon had to say about our <b>Science of Happiness</b> course.	<b>30</b> <b>There's good news out there!</b> And there's power in finding it.	