



Panther Pathway: Family Connections for a Kinder World

Fall Edition



Panthers lead with heart - at school, at home, and in the world



A New Approach to 'Homework'

These optional activities are intended to promote joy, connection, and engagement.

Connection:

Strengthening relationships and emotional bonds.

- Share a family gratitude circle
- Each person names one thing they are thankful for.
- Interview a grandparent or elder about their childhood fall traditions
- Discuss the values of characters in a story from a culture not your own.
- Learn a Wabanaki greeting or phrase and use it with respect.
- Create a *Kindness Calendar* with one small act of kindness each day.

Creation:

Expressing ideas through art, music, and imagination.

- Make leaf art or nature collages from a family walk.
- Create a family *Coat of Arms* showing values and strengths.
- Cook a fall recipe together from a culture not your own.
- Paint a symbol from Wabanaki culture and learn its meaning.
- Write a short poem or song about fall or family.
- Make family *friendship bracelets* to wear your love!

Movement:

Building wellness through physical activity.

- Go on a fall scavenger hunt in your neighborhood or local park.
- Try a family yoga or stretching session with calming music.
- Rake leaves together and jump in the pile! (Be careful of ticks)
- Learn a traditional dance from another culture and try it together.
- Walk or bike to a local landmark and learn its history.



Reflection:

Thinking deeply about feelings, experiences, and values.

- Create a *What I am Learning About Myself* journal page.
- Reflect on a time you helped someone - how did it feel?
- Read a book about kindness or courage and talk about the message.
- Explore the Wabanaki teaching of Netukulimk - living in balance with nature.
- Share one thing you love about each family member.
- Think about a past choice (good or regrettable) and how it helped you grow.

Exploration:

Discovering new ideas, cultures, and places.

- Read a book or watch a video about fall traditions in another country.
- Learn a few words in a new language together.
- Explore Indigenous teachings about the fall season and harvest.
- Visit a local museum or cultural site and talk about what you learned.
- Try a new food from a culture other than your own and talk about its origins.

Making a Difference:

Helping others and caring for the world.

- Donate gently used clothes or toys to a local shelter.
- Pick up litter in your neighborhood or school grounds. (safety first/nothing sharp)
- Make a thank you card for a community helper.
- Volunteer as a family for a local cause or event.
- Bake some cookies for a local food bank.
- Learn about a global issue and brainstorm ways to help.

