



**Panther Pathway:  
Family Connections for a Kinder World  
Spring Edition**



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



# A New Approach to 'Homework'

Help us achieve our Social Emotional Learning (SEL) goals! These optional activities are intended to promote joy, connection, and engagement during the winter months.

## Connection:

Strengthening relationships and emotional bonds.

- **Family Bloom Reflection:** Take a walk, find a sign of new life, and share one thing you are grateful for.
- **Elder Interview:** Ask a grandparent or elder about their childhood spring traditions or planting memories.
- **Spring Storytelling:** Read or watch a story focused on growth, forgiveness, or starting fresh.
- **Indigenous Teachings:** Learn a story about the renewal of the land or the return of the birds.
- **Kindness Calendar:** Do one small act of care daily, like sharing seeds or checking on an elderly neighbor.
- **Family Picnic:** Enjoy a meal together (indoors or out) with positive, screen-free conversation.

## Creation:

Expressing ideas through art, music, and imagination.

- **Nature Art:** Create "Seed Paper" or spring scenes using items collected on a walk.
- **Vision Board:** Map out shared goals and outdoor adventures for the coming season.
- **Cultural Cooking:** Try a spring recipe from a different culture (e.g., spring rolls or seasonal soup).
- **Symbols of Hope:** Paint or draw a symbol of growth, like a sprout or a rainbow.
- **Resilience Art:** Explore Black history through traditional quilt patterns and create your own inspired art.
- **Spring Songs:** Write a short poem or song about the sun, rain, or new life.
- **Earth Day Cards:** Craft handmade cards with messages of appreciation for April 22nd.

## **Movement:**

Building wellness through physical activity.

- **Scavenger Hunt:** Look for specific flowers, returning birds, or emerging insects.
- **Plant for Bees:** Plant wildflowers or let a patch of grass grow long to create a pollinator habitat.
- **Spring Stretch:** Practice energetic movement outdoors or by an open window.
- **Celebratory Dance:** Learn a simple line or circle dance used at community gatherings.
- **Sensory Walk:** Head outside after a fresh rain to appreciate the unique spring smells and sounds.
- **Active Play:** Go cycling, rollerblading, or fly a kite together.

## **Reflection:**

Thinking deeply about feelings, experiences, and values.

- **Journaling:** Reflect on a habit you are "letting go" of to make room for something new.
- **Resilience Talk:** Discuss a time you were strong during a tough moment and what you learned.
- **Reading for Peace:** Read a book about community healing, equity, or environmental care.
- **Appreciation Circle:** Share one thing you value about each family member, including elders.
- **Goal Setting:** What is one positive change you want to "plant" in yourself this season?

## **Exploration:**

Discovering new ideas, cultures, and places.

- **Local Black History:** Visit the Willow Grove Settlement or take a Black History Tour in Saint John.
- **Cultural Traditions:** Research spring holidays like Holi, Passover, Easter, or Ramadan/Eid al-Fitr.
- **Library/Museum Visit:** Find an exhibit focused on local ecology or diverse cultures.
- **Historical Figures:** Research a Black inventor or leader who focused on agriculture or community.
- **Nature Study:** Use a book to identify how local plants and animals wake up from winter.
- **Seasonal Tasting:** Try a new early-spring vegetable or a drink from another culture.

## **Making a Difference:**

Helping others and caring for the world.

- **Clean-Out Drive:** Donate gently used spring clothing or books to a local shelter.
- **Litter Walk:** Bring a bag on your family walk and pick up litter as you go.
- **Community Clean-Up:** Volunteer for a local park or stream cleanup for Earth Day.
- **Help an Elder:** Assist with yard work or plant flowers for an elderly neighbor.
- **Appreciation Letters:** Write a note to a community helper (librarian, bus driver, or park warden).
- **Eco-Action:** Learn about water conservation and find one small way to help at home.