

MAY PALS WORKSHOP

SANDHILLS PRIMARY SCHOOL

*Social/Emotional Development~
The 7 Habits of Highly Effective Families*

*Educational Development~
The Reading/Writing Connection*

*Family Activity~
Parachute Games*

Profile of the South Carolina Graduate



World Class Knowledge

- Rigorous standards in language arts and math for career and college readiness
- Multiple languages, science, technology, engineering, mathematics (STEM), arts and social sciences

World Class Skills

- Creativity and innovation
- Critical thinking and problem solving
- Collaboration and teamwork
- Communication, information, media and technology
- Knowing how to learn

Life and Career Characteristics

- Integrity
- Self-direction
- Global perspective
- Perseverance
- Work ethic
- Interpersonal skills

The Seven Habits of Highly Effective Families

- Habit 1: Be Proactive. Becoming an agent of change in your family
 - Habit 2: Begin with the end in mind. Developing a Family Mission Statement
 - Habit 3: Put First Things First. Making Family a Priority
 - Habit 4: Think “Win-Win”
 - Habit 5: Seek First to Understand... Then to be Understood
 - Habit 6: Synergize. Together is better.
 - Habit 7: Sharpen the saw. Balance feels best!
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Sharpen the Saw

- Sharpen the Saw means to have balance in your life - with your *body, mind, heart, and soul*.
 - The family increases its effectiveness through regular personal and family renewal. Establish traditions that nurture the spirit of family renewal.
 - Anything that is not consciously attended to and renewed will break down, become disordered, and deteriorate. Families need attention, care, and concern.
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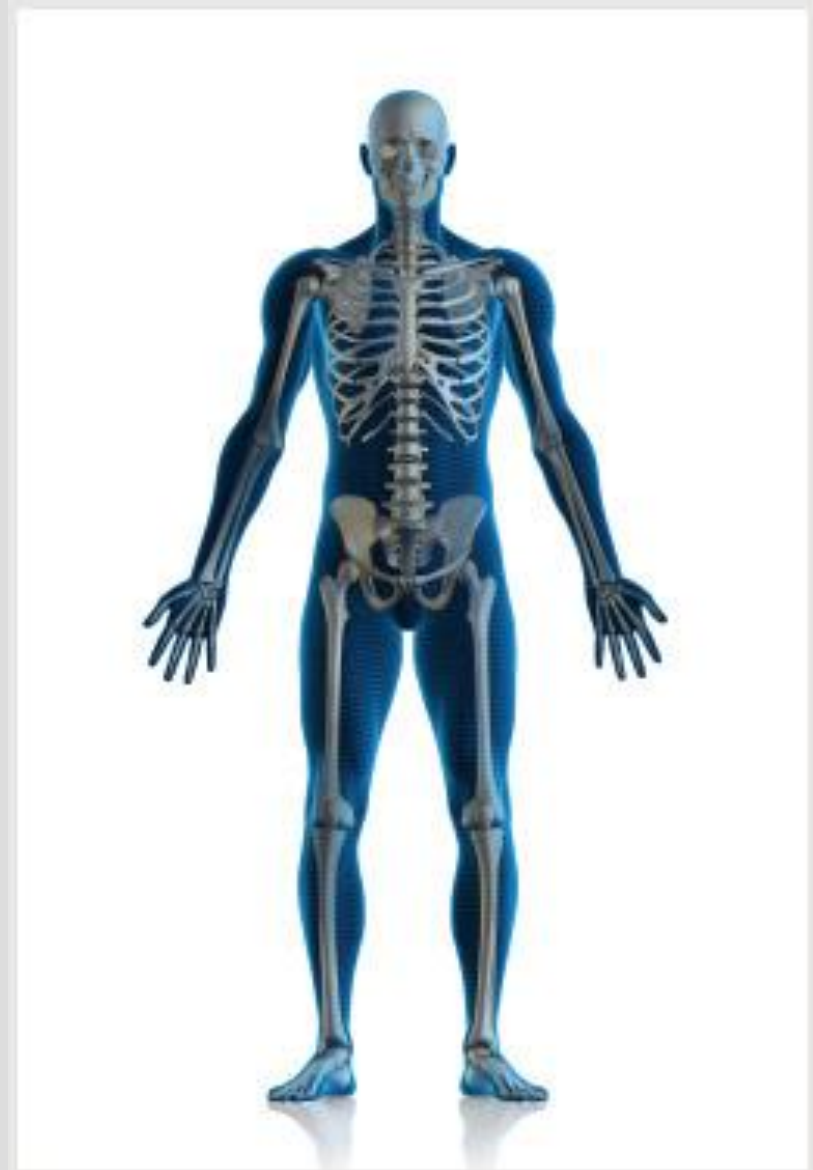


Body

*Exercise with your
children.*

*Play sports with
them.*

*Go for regular
walks together.*



Mind

Teach your children what you want them to know.

Don't assume that someone else will teach them life's most important lessons.

Talk, read, write, think with them throughout the day.

Encourage your children to participate in activities that will help them develop their talents.

Sign up to learn some new skill together with your child, such as sewing, wood working, painting, cooking...



Heart

Together, make a list of things that help you feel happy and content.

Discuss a time your family, as a whole, was happy. Name what it was that made it that way.

Together, decide on ways to make family birthdays extra special. Talk about what makes holidays special for your children.



Soul

Make a list of opportunities to give to others in ways that help your heart.

Become involved with your children in weekly family service projects... take food to others, help at the animal shelter, give away a favorite toy...

Start a journal together (written conversations or drawings) to keep an open and honest dialogue going between the two of you.



*Sharpening the Saw
with
Summer Activities*



Ideas to get you moving and connected:

- Tennis Courts/Soccer Fields on Louis Rast Rd
 - Ride Bikes (ECC and SPS Parking Lots)
 - Go for a Walk
 - Columbia Riverfront Park & Historic Canal: 167-acre park features a jogging and walking trail, as well as picnic tables and benches. Enjoy running, bicycling, and fishing activities. 803-545-3100
 - Go to the Park ~ Discover a New Park
 - Summer Reading Books
 - Scavenger Hunt
 - Involve your child in creating a grocery lists, cooking, planning and doing household chores
 - Family Game Night
 - Puzzles
 - Camp-Out ~ In the House
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More Resources – Share with your friends!

- ❑ Gaston Summer Kickoff is Thursday, June 4th at 2:00; Swansea Summer Kickoff is Friday, June 5th at 4:00
 - ❑ EdVenture
 - ❑ Bank of America “Museums on Us” Weekend - If you are a Bank of America cardholder, enjoy free admission to EdVenture, on the first full weekend of every month
 - ❑ \$1.00 admission (any day or time) with EBT card for card holder and children
 - ❑ Family Night! Every second Tuesday of the month from 5- 8pm is \$1 admission!
 - ❑ Congaree National Park - a 2.4 mile boardwalk loop trail, over 20 miles of backwoods hiking trails, canoeing, kayaking, fishing and more. Congaree National Park offers FREE ranger guided canoe tours most Saturdays and Sundays. Congaree National Park also offers guided walks, talks and presentations throughout the year. All are free of charge. Learn about this beautiful National Park as a family! 803-776-4396
 - ❑ Columbia Marionette Theatre is a magical place where fairy tales come to life. It’s located at the Riverfront Park entrance so after the show you can enjoy a walk along the scenic canal. Admission is only \$4 and shows are on Saturdays at 11AM and 3PM. Call 803-252-7366 for more information
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Links to Get You There

- <http://hugerstreet.com/family-things-to-do-columbia-sc.html>
 - <http://www.lex.lib.sc.us/calendar.asp>
 - <http://www.regmovies.com/movies/summer-movie-express>
 - <https://bowlsummergegames.com/>
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