



# Creativity

## 5th Grade Family Connection

PurposeFULL  
People

### Overview

Get ready for some fun as we focus on Creativity this month! One way to think about Creativity is “using your imagination to create something new or solve a problem.” Opportunities to be Creative are all around us! How can you find ways to be Creative as a family this month?

Creativity is 1 of 3 traits we will focus on throughout the year that helps students Be Well. Throughout the school, students will be developing skills like emotion regulation, positive self-talk, and stress-management.

### In The Classroom

Managing stress in healthy ways is critical to our well-being. This month, 5th grade students will focus on stress management. This work includes the following:

- Noticing the body’s reaction to stress
- Creating plans and practicing strategies to manage or prevent stress

We will use the Emotion Elements to identify the emotions related to stress.

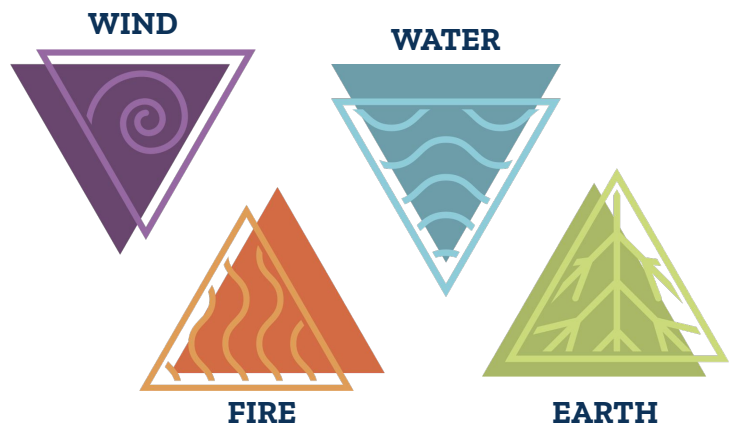
#### Emotion Elements

- **Wind** represents feeling words like inspired, anxious, playful, and nervous.
- **Water** represents feeling words like concerned, thoughtful, tired, and bored.
- **Fire** represents feeling words like annoyed, overwhelmed, excited, and scared.
- **Earth** represents feeling words like motivated, focused, confident, and proud.

### Conversation Starters



- Is being Creative and using your imagination something you enjoy doing? Why or why not?
- How are you able to use Creativity to help you manage your stress?





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## PurposeFull Pursuits



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People

Have some fun connecting as a family this month while practicing Creativity. Here are 3 "PurposeFull Pursuits" for you to complete together. How many can you do this month?

### Pursuit #1

Get Creative with expressing your emotions through a game of emotion charades! Gather as a family and brainstorm some emotion words. Write them on slips of paper and turn them facedown. Then, take turns choosing a slip of paper and acting out the emotion (assist with reading as needed). Other family members will guess the emotion that is being acted out. After each person's turn, take a moment to talk about what we may need when experiencing these emotions.

### Pursuit #2

Review Creativity as a family. Creativity is using your imagination to create something new or solve a problem. This challenge is about creating something new - together! Find a large cardboard box and unleash your Creativity as you work together to create something totally new. What can the box become? Perhaps it will be a spaceship, an ice cream shop, a fairy castle, or a race car. Use any craft supplies or scraps on hand and your imagination to turn an ordinary box into a new creation!



### Pursuit #3

Set aside some time to gather as a family and check in with each other. Ask each family member, "How are you feeling today?" Practice Honesty when responding and listen carefully as each family member shares. Use the emotion check-in questions to learn more and practice Creativity to come up with a new question to learn more! Challenge yourselves to check in with each other on a regular basis!



#### Emotion Check-In Questions:

- Tell me more about that feeling.
- Why do you think you are feeling that emotion?
- What do you need right now?

