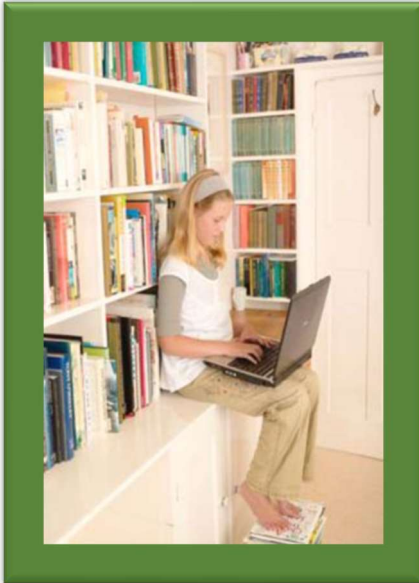


Your every wish of spreading this love generates a huge positive magnetic field that can help those in need and help complete those that need to be completed.



Dear Parent/guardian,

This month we will share ways to implement these lessons from Master Ted Sun into routines and strategies that will make home life smoother, easier and yet still keep in mind a healthy body and mind that is full of love and gratitude.

Design your physical space for success:

Every family member has hooks for keys, place to put bookbags, study space that is comfortable, well lit, with pens/computer/paper and whatever tools they need to complete homework and also write in their journal!

Involve your children in a family meeting to discuss chores, responsibilities, timing during the morning to ensure being ready, laying out clothes the night before, going to sleep early on school nights and any other rules that should be discussed as a family. When included, children are more inclined to follow these rules.



According to Di Zi Gui: "There should be regularity in one's daily life". As a parent, you are aware of the power of setting up routines and "frames" for family activities & chores.

How do we keep our minds healthy? Teach your family to share their emotions. To name when they are sad, angry, or happy. Just saying it and sharing it can help. Attunement from a previous month reminds us not to try to fix it for them:

- ✓ Acknowledge their feelings. "That must be so frustrating for you!"
- ✓ Help them to come up with a solution - don't solve it for them.
- ✓ If they need some guidance, offer several suggestions but be sure it is their choice.
- ✓ It's okay for the adults to share as well. We need to model how we handle emotions.

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Indoor Active Fun for All

- Laydown painter's tape as a make-believe tight rope to do toe to heel, staying on the line.
- Add an imaginary bridge with tape across. Declare a river and keep out because of alligators. Silly but hysterical.
- Make an obstacle course that everyone has to do. Step into laundry basket, step over pillows, jump on couch, do an army crawl under the table! Who can get threw the fastest? Set times and keep track!
- Help your child(ren) author a play and then act it out. They can assign you roles.
- Find some jokes from a joke book or the internet and take turns doing stand-up comedy.
- Get a Karaoke machine or use the computer and sing along to popular tunes.
- Have a "spa" day and do "facials" together.
- Paint toe nails in crazy colors.
- Get into dress up clothes and take pictures!



Coloring or drawing is a great way for the family to spend some creative time. If you make some cool pictures, send some to relatives who live far away. If you have boxes from deliveries, use tape and markers to make a "city" together. Glue found objects to decorate!



Get Outside to Explore

- ❖ Count steps from your house to a park or interesting place. Make a map together.
- ❖ Get an old-fashioned paper map and connect landmarks to things you see.
- ❖ Look at google earth to see where you live!



Treasure Map: X marks the spot

Make a map of the room or more than one room. Have a family member hide "treasure" – costume jewelry or coins in places while the rest of the family is in another room. Put things under the couch or inside a book. Find challenging places. Then make a "map" showing where the treasure is located. The other family members try to find the 'treasure'. Take turns making a map!

If you would like to learn more about Master Ted Sun:

1. Find You Tube Videos
2. Read Super Life Secret Codes
3. Read Say No to Depression

Click here

