

## Team Leadership Skills to Keep in Mind on Superbowl Sunday!

When we are part of a group of people who share skills and work together to achieve a common goal, we are part of a team. Sharing ideas and collaborating with others enables us to work creatively together. When each team member contributes, we can benefit from a wide range of strengths and skills. Skills involved in being a good team member include:

1. Reliability - do what you say you will do
2. Communication - listen to others and respond clearly and calmly
3. Flexibility - be prepared to adapt when circumstances change within the team
4. Focus - concentrate on your own work, and let others concentrate on theirs
5. Being Respectful - of the roles and abilities of other team members

Just as being a strong team member is crucial to the success of the team, so is having good leadership. A leader helps a team to stay on task, as well as making sure that all team members are valued and effective. Although some people appear to have 'natural' leadership abilities, leadership skills can be learned by anyone. Good leaders:

1. Help everyone understand and 'see' the goal
2. Motivate the team to keep going when things get hard
3. Know how to listen to others and communicate well
4. Lead by example: be hardworking and reliable themselves
5. Know how to encourage, not dominate, the team
6. Are respectful of others and their abilities
7. Treat all team members fairly
8. Are prepared to take responsibility for the team and the outcome

**Ask Your Child:** How can you be a teammate and leader at school?

## LEARNING



## Paper Plate Valentine's Day Heart Wreath Craft

### Materials

- Paper (construction or cardstock)
- Paper Plate
- Ribbon
- Glue
- Scissors
- Heart Template- optional

### Directions:

1. Print heart template on colored paper. Three different sized hearts per page. We printed off seven pages of hearts on different shades of pink and purple paper, or red and white would look nice. If you don't have a printer, draw the hearts on colored paper.
2. Cut out hearts.
3. Cut out center of paper plate leaving outer rim intact. You will be using the outer rim for this craft. Younger kids may need help with this step.
4. Begin randomly gluing hearts onto the paper plate until you feel like you have enough hearts on your heart wreath.
5. Glue a ribbon to the back of the plate to hang the wreath.

## FUN CRAFT



**Ask Your Child:** What is your favorite thing about Valentine's Day?

Find more fun crafts visit:

[www.TheResourcefulMama.com](http://www.TheResourcefulMama.com)

## Valentine's Day Chocolate Covered Strawberries

### Ingredients

- 20-24 Strawberries
- 2 Tbsp Finely Crushed Freeze-Dried Raspberries
- 16 Oz White Chocolate
- 1/4 C Finely Crushed Graham Crackers- Optional

### Directions

1. Rinse and pat dry your strawberries.
2. Bring a small pot of water to boil. Place chocolate in a bowl larger than the mouth of your pot. Once boiling, lower heat so water simmers. Place bowl of chocolate over pot to create a double boiler. The chocolate will slowly melt from the hot steam. Use a rubber spatula to slowly mix the chocolate. Chocolate should be smooth and silky in 3-5 minutes. It is ready if the chocolate easily drizzles when you lift the rubber spatula in the air. OR you can microwave the chocolate in 10 second increments for 1 minute.
3. Divide the chocolate evenly between 2 small bowls. In one bowl mix in the freeze-dried raspberries.
4. Dip strawberries into chocolate, shake off excess so the chocolate stops running off the strawberry. Place it on a sheet pan to cool and harden. Note: If chocolate starts to solidify in the process pop it into the microwave for 10 seconds.
5. Get creative with decorating! Dip strawberries into the graham crackers immediately after the chocolate or do a double dip in each color (let the first layer harden first before the second dip).
6. Let cool and harden. Share with someone you love!

## EASY RECIPE



**Ask Your Child:** What is your favorite thing to eat with strawberries?

To find more kids activities visit:  
[EatChoFood.com](https://EatChoFood.com)

## President's Day for Kids

President's Day is a holiday that occurs the 3<sup>rd</sup> Monday of every February to celebrate our past and present U.S. Presidents. We celebrate them because of their great contributions to the United States and to our democracy. Presidents Day was originally a day to celebrate George Washington, then later expanded to honor Abraham Lincoln. Eventually, the holiday grew to celebrate all U.S. presidents, past and present. Here are some fun ways to celebrate Presidents Day:

1. Check out books about former presidents from the library. Most libraries have great children's books that introduce the child to some of our most famous U.S. presidents and their notable achievements.
2. Draw a picture. There are many printable online of former presidents. Find your favorite and color it while sharing with your child what you appreciate most about what that president contributed to our country.
3. Watch a Presidents Day video. Here are some great teacher-approved videos about some of our presidents and about Presidents Day: [www.SimplyKinder.com/presidents-day-videos/](https://www.SimplyKinder.com/presidents-day-videos/)

## PARENTING



To see more activities to celebrate President's Day, please visit [KidsVillage.com/presidents-day-for-kids/](https://KidsVillage.com/presidents-day-for-kids/).

**Ask your child:** How many presidents can you name?