

## LET GO AND GROW! ACTIVITY

Nature is letting go and we can too! Take a look around you. Notice how the leaves are changing colors, and how they're falling from the trees. Trees are letting go of their old leaves so they can start over fresh with new leaves in the Spring. We can do that too, with our behaviors and habits! (the things we say and do). Color or decorate these leaves and have a grownup help you write 4 or more behaviors or habits that don't help you be your best self, that you can let go of. This will allow you to be kinder and help you to connect more easily with others. Cut them out, hold them in your hands while you pretend to be a big, strong tree... Then Let Go! Let the leaves and yucky habits fall to the ground. Think about making strong connections with friends, family and community, for that's what it's all about.

### HERE ARE SOME HABITS THAT WE'VE WORKED ON:

Grabby hands

Whining

Leaving shoes in entranceway

Leaving coat on ground

Washing hands

Flush the toilet

Yelling

Use Gentle hands

### TURN OVER A NEW LEAF!

Make a list of 4 new habits that you can start doing in place of the old ones. Let's create a happier environment for all this Fall!

### SING-ALONG!

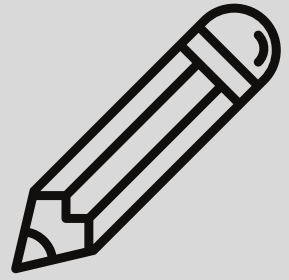
The Mannerhausens aim to "DO the Right Thing, Try to BE kind, and when we make a mistake we can rewind!" Learn how it's done when you sing DO BE DO SOFT SHOE by visiting [themannerhausens.com](http://themannerhausens.com)

# LET GO AND GROW!

WRITE HABITS TO LET GO  
ON THE LEAVES BELOW!



**Turn over a new leaf!  
Write your new habits below!**



**SAY PLEASE**



**SMILE MORE**

**SAY THANK YOU**



**USE GENTLE HANDS**



**SHARE MORE**

