

Growing Resilience Family Kit

Register at montanajcf.org. You will be sent a box in the mail with the following activities and resources for the whole family. Use the contents of the box to have one activity a week for the next month.

Activity 1: Grow your own Salad

- Kids Gardening: 10 Favorite Garden Activities booklet
- Terracotta pot for planting herbs
- Black plastic pot for planting greens
- Rocks, Soil, Seeds
- **Virtual workshop: October 14 @ 7:00 pm (45 minutes)**

Activity 2: Coloring Contest

- Coloring Book
- Crayons/colored pencils

Activity 3: Growing Resilience

- Feeling Flower
- Notebook and pencils/pens

Activity 4: Gardening Next Steps

- Kids Gardening: 10 Favorite Garden Activities booklet
- **Virtual workshop: October 28 @ 7:00 pm (45 minutes)**



Parents Only Corner

Virtual Workshop: Caregivers

- Oct 25 @ 2:30pm or Oct 27 @ 6:00 pm
- Caregivers booklet
- Chill Drill

Virtual Workshop: Connecting with Kids

- Nov 1 @ 2:30pm or Nov 3 @ 6:00 pm
- Connecting with Kids booklet
- *Connecting with Kids in a Disconnected World* book

Resilience Tips

