



Online Engagement!

DREAM staff are having fun engaging with DREAMers and Parents online! Thank you all for joining us! Invite a DREAMer to join and let's continue to fill our virtual space with laughter and fun! We will keep you posted!



Mother (muth-er)

(n) a person who *loves* unconditionally; the maker and keeper of *precious* memories; a person much *loved* and greatly *admired*.

We celebrate YOU for every sacrifice you make for your children.

Your strength, love, and dedication do not go unnoticed.

Relax, and Enjoy Your Day!



Shout Out to DREAMer, Jordan Creighton for helping us make bags for DREAM Families! DREAMers are hard workers and good helpers! You are amazing!

Mindfulness Matters

Try this activity with your family!

GRATITUDE SCAVENGER HUNT

1. Find something that you enjoy when you first wake up.
2. Find something that makes up happy.
3. Find something that's unique about you.
4. Find something outside that you like to look at.
5. Find something you like to play with.
6. Find something that fills you with laughter.
7. Find something you know someone else will love.
8. Find something you are thankful for.
9. Find something you like about someone else.
10. Find something you like to do before going to sleep.
11. Find your favorite place to sit and relax.
12. Find a person you love and hug them!

Parent Corner



Your DREAAM family cares about YOU!

Your self-care is important to us, and we want to help you take care of yourself.

Do you need a few ideas?

In our last Parent Meeting, many of you shared your self care strategies with us.

We asked you, “What have you done for yourself this week?” Here are some of the responses you shared:

- ◆ **Go on a Nature Walk Alone**
- ◆ **Find a Quiet Place at Home to Enjoy the Silence**
- ◆ **Get Dressed Up**
- ◆ **Do Your Makeup and Nails**
- ◆ **Read a Book**
- ◆ **Take a Relaxing Bath**
- ◆ **Relax and Watch Your Favorite Movies**
- ◆ **Enjoy Your Favorite Meal Without Over Indulging**

What can you add to the list?



For All That You Do, Take Care of You.

Mr. Tracy's Corner

Hello DREAAM Family,

Each day, I think about you all and pray for your health and well being. It has been a blessing to see some DREAAMers and parents during meal deliveries. Hearing about the fun, interesting ways remote learning is happening in your home is very encouraging. You are all amazing! We will survive COVID-19 and come back stronger! Please reach out to me if you need anything.

Mr. Tracy



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