



***Programs and activities that support the core academic focus areas of Science, Technology, Engineering, Arts and Math**

Parenting Resources

Sharing Gratitude

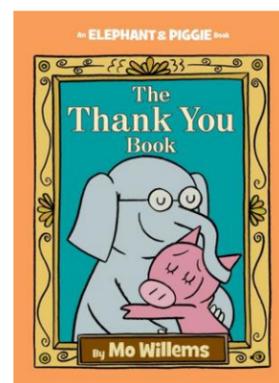
- Research indicates that an attitude of gratitude is consistently linked to positive emotional well-being. To help children of all ages [learn the habit of being grateful](#), consider incorporating these 10 simple steps in your family's daily routines.
- This piece from Doing Good Together offers tips [to prevent a sense of privilege and entitlement](#) in children. Tips include learning responsibility, gratitude and responsiveness to others. The article also includes suggested children's books on gratitude.
- Let kids participate in Thanksgiving preparations by [making napkin rings](#) for the table. The post shares a video, materials list, and detailed instructions. Use the napkin rings all year as a reminder to be thankful.



The Librarian Recommends...

[**The Thank You Book**](#) (written and illustrated by Mo Willems)

Piggie is determined to thank everyone who is important to her, much to friend Gerald's distress. Ignoring her pal, Piggie proceeds with an exuberant stream of gratitude, ending with an unexpected thank-you that readers will love. The book is a great read-aloud and a perfect choice for beginning readers. -- *Susi Parks Grissom is a retired elementary school librarian and counselor.*



STEAM Activities & Games

Create Personal Notes of Gratitude

Encourage kids to [make their own thank-you cards](#) to share with the special people in their lives. Creating and constructing card patterns sharpen STEAM skills, like design and measurement. The site includes a materials list and directions.



Daniel Tiger's Neighborhood airs on KERA Channel 13 at 10 a.m., 10:30 a.m., 1:30 p.m. and 2 p.m. and on KERA Kids Channel 13.2 at 3 p.m., 3:30 p.m., 11 p.m. and 11:30 p.m.

Recognize a Child for Showing Exceptional Kindness to Others

Do you know a child who goes above and beyond to help other children? [Nominate any child in grades 1-6](#) for the **Do What I Can Awards!** Every nominated child will be recognized and one will receive a special award. The nomination page also has a November calendar of daily kindness activities and links to books from Dallas Public Library on bullying and kindness.



Get Up & Go! Art & Seek Activities for Families

[Nutcracker Time is Here](#)

Art & Seek Jr. created a [superlist of all of the Nutcracker productions](#) in North Texas this season and added several other holiday-themed dance performances to the mix. Check out the possibilities for a festive family outing.



Up Next

[Taking a Break Next Week](#)

Full STEAM Ahead will be off next week and will return after the Thanksgiving holiday.



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