

## The DWP Home-School Connection “Giving Thanks”

*The DWP Home-School Connection* is a way for your family to connect with the 15 skills of Discipline With Purpose (DWP) and reinforce what your children are learning at school. In this month’s DWP Home-School Connection, the focus is on “Giving Thanks.”



We invite you to complete this activity at home with your family and see what a difference it might make. With the holiday season upon us, we know that time is limited but family is important. This activity is a great opportunity to stop and reflect upon the blessings in our lives and share a few moments with our families.

Please complete the *DWP Home-School Connection* Activity by **November 15<sup>th</sup>**. The **activity will be discussed in your child’s classroom** some time during the **week of November 16th**.



## DWP Skill #4 - Sharing Time, Space, People and Things

Share with your child a time of quiet prayer and reflection at the end of each day, based on the Ignatian spiritual process called “the examen”.

Some aspects of the skill of Sharing Time and People include the following:

For younger children, we focus on “Waiting for my turn and making sure everyone gets a turn to speak,” and “Sharing my family members in positive ways.”

For older children, we focus on “Waiting for my turn and helping to limit the conversation in groups to allow others an opportunity to talk,” and “Sharing the time and attention of my family members in positive ways.”

Steps:

1. Gather all family members five years of age or older for family prayer.
2. You may wish to light a candle.
3. Become aware of God’s loving presence.
4. Take a few minutes of quiet while each person asks him/herself two questions.
  - For what moment today am I most grateful?
  - For what moment today am I least grateful?
5. Have family members share their thoughts about those two questions.
6. Close in prayer.

### **Prayer of St. Ignatius Loyola**

Dearest Lord,  
teach me to be generous;  
teach me to serve You as You deserve;  
to give and not to count the cost,  
to fight and not to heed the wounds,  
to toil and not to seek for rest,  
to labor and not to ask for reward  
except that of knowing I am doing Your Will.

7. Visit OLPH website to register participation. Click DWP link.

Suggestions:

- Make this part of your family routine once a week or once a day.
- Use the alternate questions:
  - When did I give and receive the most love today?
  - When did I give and receive the least love today?
- For further reading on this practice of family prayer, check out the following books Making Heart Bread or Sleeping With Bread: Holding What Gives You Life by authors Dennis Linn, Sheila Fabricant Linn, and Matthew Linn.

*Please register your participation on the website. We would like your feedback to determine if these activities are helpful to you. Visit the OLPH website and click the DWP link.*

