**SPARK at HOME**

SPARK behavior is something that we can focus on at home, too! If someone in your family is showing SPARK behavior at HOME please write it down on the sheet. List **who** showed the behavior and **what** they did under the columns listed. This is your chance to make someone smile by noticing the good things that are happening. At the end of the week, send your sheet to your teachers or Mrs. Skeffington as a picture, email or message. We will post as many of them as we can on the FB page.

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| **Who showed this behavior?** | **Helpful**- doing something to help another family member. | **Optimistic**- Having a good attitude and looking at the good in a situation. | **Mindful-**being aware of your words, actions and feelings and making changes if necessary. | **Empathy**- Considering and caring about the feelings of others. |
| *Ex. Sister* |  | *When it was raining outside, she said, “Oh well, now we have more time to read.”* |  |  |
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