

Together Time on No Homework Nights

Dear BBP Families,

The philosophy behind this initiative began as a “no homework” night for students and a chance for students to spend time “together” with their families.



We appreciate you all taking on this initiative as we plan to grow along with it.

Thursday, December 17th - Fuel Your Ride with Positive Energy

For the next No Homework Night, we ask you to engage in a discussion about the positive pledge on the back of this paper. Think about how you can increase the positivity in your house and fuel each other’s rides for a more positive environment.

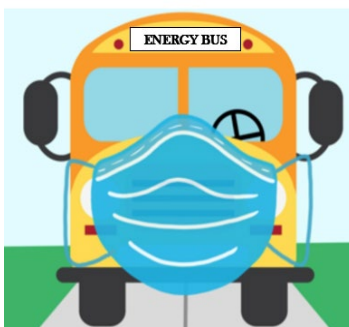
Then complete an activity you love doing as a family and ENJOY:

- Play a game
- Go for a walk
 - Bake
 - Cook
- Watch a movie
- ANYTHING!

Energy Bus Connection:

In order for you to fuel your family’s ride with positive energy, you must first make sure your ride is fueled! Real positive energy comes from trust, enthusiasm, purpose, joy and happiness. What would it look like if the family adhered to the Positive Pledge? How can you compromise on a family activity to complete? If you’re playing a game, how can you stay positive and supportive, even if things aren’t going your way?

Don’t forget to send pictures of your Together Time!



Positive Pledge



I pledge to be a **positive person** and **positive influence** on my family, friends and community.

I promise to be positively contagious and share **more smiles, laughter, encouragement and joy** with those around me.

I choose to **stay positive** in the face of negativity.

When I am surrounded by pessimism I will **choose optimism**.

When I experience a challenge I will look for an opportunity to **learn and grow**.

When I experience a set-back I will be **resilient**.

I will **never give up** & will always move forward towards my goals.

I believe my best days are ahead of me, not behind me.

I believe that being positive not only makes me **better**, it makes everyone around me **better**.

So today and every day I will be positive and strive to make a positive impact on the world.