

# 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.

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## Tuesday, January 26<sup>th</sup> - Transform Negativity

For the next No Homework Night, work together to find your “one word” for 2021. You might want to choose one individually and one as a family or just for yourself but choose the one word that will give you focus during the year 2021. This should be a word that helps you transform negativity and guide you into making positive choices for the year.

### Examples:

- **Kind:** Be kinder to friends, family, myself, environment
  - **Brave:** Try new things throughout the year
- **Practice:** Dedicate time to practice things that are a struggle

For more information, visit [www.getoneword.com](http://www.getoneword.com).

Once you’ve chosen the word, write the word in a colorful way and display it in a place that you see on a daily basis.

### Energy Bus Connection:

Your one word will drive you forward and help you lead while growing and learning through the challenges. Think about it as a word that you will put on the front of your bus to help you drive through life with more passion, focus, and purpose.

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

### One Word process

