[“FlashBack Friday” Video](https://youtu.be/WZ6Yqfcwz2A?list=UUgK2jGr5E8z0jBg6KcvVyZw)

Happy Friday! We made it to the end of another week of virtual learning. Let’s celebrate that…...it's the little things right? May is mental health awareness month! Here is a tip to help fight sad feelings and anxiety. Focus on positive memories…..

Tonight or over the weekend I encourage your families to try and forget about what's going on currently in our world and instead reminisce with your family about the “good old days.” Kids love hearing about the old days, like the 90’s...boy I am getting old.

Being stuck in the past is not something that we want to try and do but learning and remembering our past is important to who we are and how we got here. Everyone has a story. Knowing theirs will help them continue to build their story with God.

As you probably see from my past Friday videos that tonight is pizza night in the Seccamanie household. Tonight I am going to grab my old photo albums and talk about the past and tell stories about when my boys were born. You can select a photo album digital or hard copy and look back together. Kids love to hear the stories about what they were like as babies, toddlers or even the first days of starting at ICS! Tell your child what you remember about the earliest days and why you love them.

Seeing the photos and hearing the stories help your child know how much they are loved and valued in your family.

