

SOUTH FLORIDA Family LIFE

Broward, Miami-Dade and Palm Beach Counties

NOVEMBER 2026

Little ACTS BIG IMPACT

LOCAL WAYS KIDS CAN MAKE A DIFFERENCE

MARK your CALENDAR

FAMILY-FRIENDLY EVENTS AROUND SOUTH FLORIDA

the DAY AFTER

A TASTY TWIST FOR THANKSGIVING LEFTOVERS

Turn Over a NEW LEAF

RAISING KIDS TO SEE THE BRIGHT SIDE

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Produced By: Museum of Science.

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Jane Goodall Institute

BECOMING JANE

THE EVOLUTION OF DR. JANE GOODALL



Explore Dr. Jane Goodall's groundbreaking chimpanzee research in a hands-on exhibition that inspires action for our planet.

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UNIVERSITY
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SOUTH FLORIDA Family LIFE

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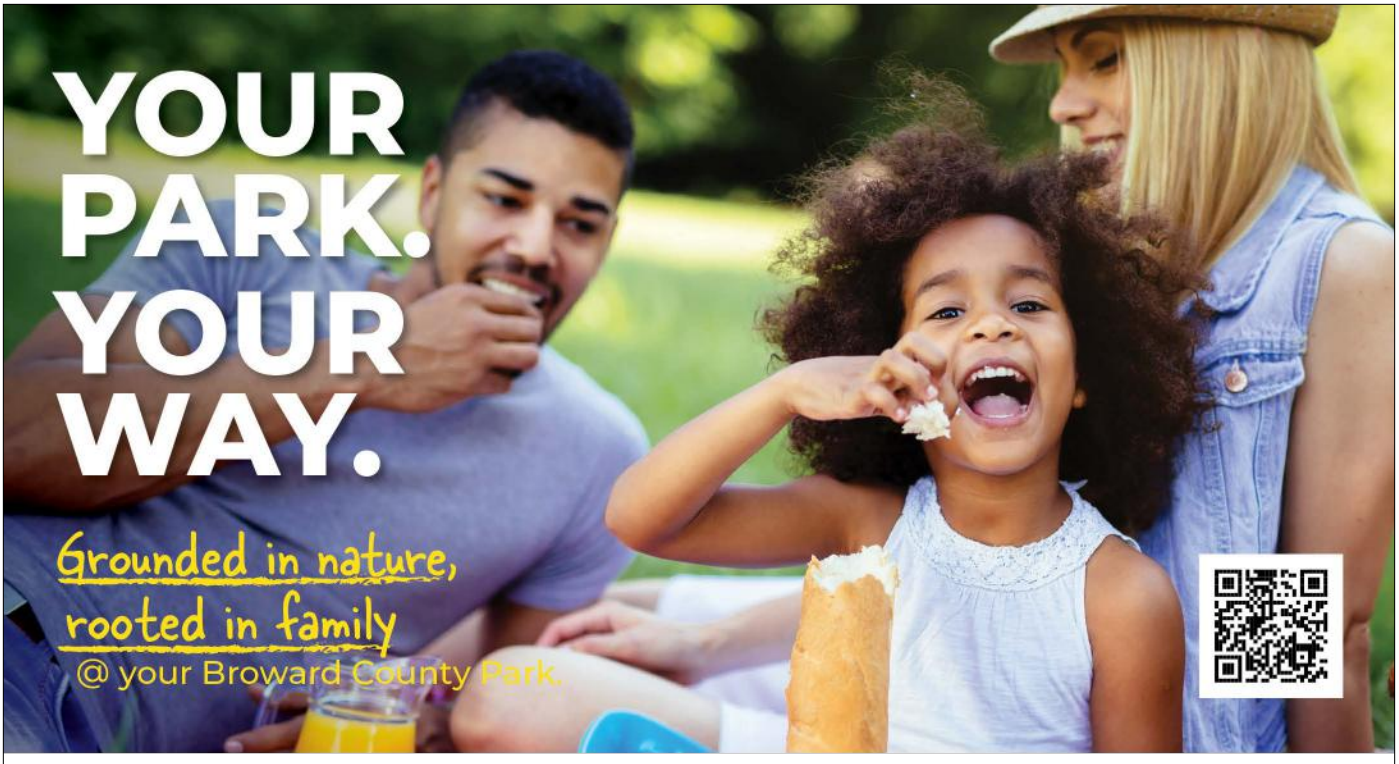
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Wishing you a safe and happy holiday season!


Sheriff Dr. Gregory Tony

holiday safety tips.

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BROWARD COUNTY FLORIDA PARKS AND RECREATION

In a world that moves too fast, a park is your place to slow down and simply be together. Whether it is a quiet morning walk or a sunny afternoon picnic, you will find the perfect backdrop to make lasting family traditions. Your Park. Your Way.
Broward.org/Parks

Riding into the Holidays

BRING JOY TO LOCAL CHILDREN AND TEENS WITH RICK CASE BIKES FOR KIDS



A bicycle can be a big-ticket item that lands on holiday gift lists every year, but not every family can afford to fulfill that wish. For 45 years, Rick Case Bikes for Kids has been collecting gently used bicycles from the community that will be passed along to local children and teens who are yearning for a set of wheels. Through December 20, the community is encouraged to bring bikes they're no longer riding to any Rick Case Automotive Group dealership.

Bikes can be dropped off at the following Rick Case Automotive Group dealerships:

- **Rick Case Honda**
  15700 Rick Case Honda Way
  (I-75 at Griffin Road), Davie
- **Rick Case Acura**
  875 North State Road 7
  (on 441 at Sunrise), Fort Lauderdale
- **Rick Case Hyundai**
  925 North State Road 7
  (on 441 at Sunrise), Fort Lauderdale
- **Rick Case Hyundai**
  3550 Weston Rd. (I-75 Auto Row), Davie
- **Rick Case Honda Cycles**
  15701 Rick Case Honda Way
  (I-75 at Griffin Road), Davie
- **Rick Case Alfa Romeo/Maserati**
  3500 Weston Rd. (I-75 Auto Row), Davie
- **Rick Case Volkswagen**
  3520 Weston Rd.
  (1-75 Auto Row), Davie
- **Rick Case Kia**
  14500 W Sunrise Blvd., Sunrise
  (Sunrise at the Sawgrass Expressway)

The dealerships are open seven days a week. Visit RickCase.com for specific hours.

Take a Stroll on the Holiday Side

Holiday Fantasy of Lights returns for its 32nd year with three miles of giant animated displays, illuminated trees and colorful seasonal scenes. Families can enjoy the spectacle from the comfort of their vehicles while tuning in to a synchronized holiday playlist. In addition to the drive-through, you can also stroll or bike on designated nights.

STROLL THROUGH THE LIGHTS: Friday, November 13 from 6-9pm (walking event).

BIKE THROUGH THE LIGHTS: Sunday, November 15 from 6-9pm (cycling event with food trucks).

A portion of ticket sales supports Gilda's Club South Florida, and guests may also bring new, unwrapped toys for Toys for Tots.

For more information, visit holidaylightsdrivethru.com.

WHEN: Saturday, November 21 – Saturday, January 2 | 6-10pm

WHERE: Tradewinds Park – North Entrance, 3600 W. Sample Rd., Coconut Creek

STROLL THROUGH PRICE: $15/per person (plus processing fee). Tickets are available online only (no cash accepted). Children 7 and under are free with an adult.

BIKE THROUGH PRICE: $12/per bike (plus processing fee). Tickets are available online only (no cash accepted). Children 7 and under are free with an adult.

DRIVE THROUGH PRICE: $31/per car; $63/for vehicles with 15+ passengers; $2/special-effect glasses

CHASING CURIOUSITY

Dr. Jane Goodall Exhibit Comes to South Florida PBS



Becoming Jane: The Evolution of Dr. Jane Goodall is an award-winning immersive exhibition developed by the National Geographic Society in partnership with the Jane Goodall Institute USA. Through immersive projections, hands-on interactive experiences and multimedia storytelling, visitors journey from Jane's childhood dream of Africa to Gombe National Park in Tanzania, where her pioneering research changed the understanding of chimpanzees and the natural world. Guests can step inside a recreated Tanzanian forest and Jane's research tent, meet virtually rendered chimpanzees, try an augmented reality chimpanzee pant-hoot challenge and come face-to-face with a lifelike holographic projection of Dr. Goodall. The experience closes with a look at the scientists and conservationists carrying her work forward and an invitation to make a personal pledge for a more sustainable future. The visit lasts approximately 75 minutes and is suitable for all ages.

WHEN: Ongoing through Sunday, January 24, 2027 | 10:30am-5pm
WHERE: South Florida PBS, 3401 S. Congress Ave., Boynton Beach
PRICE: $45/general; $38/seniors, students, military, first responders; $22/children ages 3-12
For more information, visit southfloridapbs.org





Family Fun and Run for Miami Communities



GIVE MIAMI DAY CELEBRATES 15 YEARS OF IMPACT

In this season of gratitude, Give Miami Day offers a meaningful way to give back. The annual event brings the community together to support hundreds of nonprofit organizations addressing Miami's evolving needs. Organized by The Miami Foundation, Give Miami Day celebrates generosity and inspires people to make a difference in their community. Here are a few ways to get your family involved.

LACE UP, GIVE BACK: The Give Miami 5K: The race begins at 8 a.m. on Sunday, November 15, at Maurice A. Ferré Park, 1075 Biscayne Blvd., Miami. The registration fee is $60 for adults and $20 for children ages 10-12.

FUN FOR THE WHOLE FAMILY: One of the highlights for kids is the Kids' Dash for kids ages 2-9, featuring different distances based on age. The Kids' Dash begins after the 5K finishes, starting with the youngest runners. The registration fee is $20 per child.

THE FESTIVAL: The fun continues after the race at Maurice A. Ferré Park, with a free community festival featuring live entertainment, nonprofit experiences, family-friendly activities, food vendors, wellness activations and prizes. Families can meet the people behind local causes and discover new ways to get involved.

Whether you're running the 5K, cheering on the kids, exploring the festival, or supporting a favorite cause, Give Miami Day is an opportunity for the whole family to celebrate the power of giving.

To sign up for a race and learn more, visit givemiamiday.org. Learn more about the Miami Foundation at miamifoundation.org.

Where You Lead, I Will Follow

If you're a Gilmore Girls fan, you know the Carole King song "Where You Lead," which opens the show, is the perfect anthem for Lorelai and Rory Gilmore, a mother and daughter who are as much best friends as they are family. If you've ever wished you could step into their world of quick-witted banter, coffee-fueled mornings and idyllic small-town charm, a trip to Arcadia, Florida, may be in order.

And if you haven't seen the show, there's still time to binge-watch all seven seasons before Arcadia transforms itself into the fictional town of Stars Hollow for the entire month of November. Just don't blame us if you can't tear your tween away from the TV once they discover the series!

The show aired from 2000 to 2007, but its story of family, friendship and a mother-daughter bond remains timeless. Spoilers: Lorelai opens her own inn while daughter Rory makes her way to Yale, all against the backdrop of the quirky New England town fans have long wished they could visit.

In downtown Arcadia, The John Lee Haus Inn will become The Dragonfly Inn, named after Lorelai's inn in the series. More than 30 shops are expected to participate, according to the Antiquing in Historic Arcadia Facebook page.

Arcadia is just under three hours from Fort Lauderdale, making it a fun road trip for fans.

For more information, visit the Antiquing in Historic Arcadia Facebook page.

TURN THE PAGE

Miami Book Fair brings together hundreds of critically acclaimed authors for an eight-day celebration of books and ideas. The weekend Street Fair offers opportunities to browse books, discover new voices and meet authors. Families are welcome to take part in the literary celebration together. MDC students, faculty and staff free with valid ID.

For more information, visit miamibookfair.com.

WHEN: Sunday, November 15 – Sunday, November 22

WHERE: Miami Dade College, Wolfson Campus, 300 NE Second Ave., Miami

STREET FAIR PRICE: Friday free; Saturday/Sunday single-day tickets $12/adult, $7/senior over 62, $5/teens ages 13-18; free/12 and under. Multi-day tickets $18/adult, $12/senior, $8/teen.



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BROWARD COUNTY FLORIDA Cultural Division



Getting Teens to Listen

EXPERT ADVICE FOR BETTER COMMUNICATION WITH YOUR TEENS

BY CHERYL MAGUIRE

The moment my voice emits sound I can see my twin teens' eyes glaze over. Sometimes they must register at least one word I said (or maybe it's just a Pavlovian response) because they use the dreaded eye-roll.

As parents of teenagers, it can feel frustrating when you are speaking only to realize your teen isn't listening to you. Experts agree it is important to have a strong relationship your teenager which involves communication.

"An important predictor of how well your teen will listen to you is the strength of your relationship with them. The amount of time we spend building our relationship without expectations will increase the likelihood that they will listen," says Dr. Mona Delahooke, pediatric psychologist, and author of *Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges*.

According to the experts, some ways you can make sure teenagers hear you are:

CONNECT BEFORE YOU DIRECT

Dr. Laura Markham, clinical psychologist and author of *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*, suggests that parents notice what their teen is doing or find some other way to make a warm connection before speaking to them. She also recommends sitting next to teenagers instead of yelling across the room.

LISTEN

If you want teenagers to listen to you, then you must also listen to them. Make sure when you listen to them that they feel understood. Dr. Jennifer Salerno, nurse practitioner and author of, *Teen Speak: A guide to understanding and communicating with your teen*, says, "It's all about modeling the behavior that you'd like them to reciprocate. Setting the stage for a positive discussion by actively listening causes them to feel respected and heard."

REMAIN CALM

"The most important thing is calmness," says Dr. Markham. "When you yell, you increase your teen's stress level and they shut you out and lose the desire to cooperate. Never talk with your teen while you are angry."

PAY ATTENTION

Dr. Delahooke recommends that parents pay attention to their emotional state and body language. "When you sit next to your teen, make sure you are providing a message of trust in them."

ESTABLISH ROUTINES

If teenagers have a routine of what they are expected to do every day at that time of day, they are more likely to do it.

> IT'S ALL ABOUT MODELING THE BEHAVIOR YOU'D LIKE THEM TO RECIPROCATE.

These routines are also a good time to talk to them and be heard. Dr. Salerno says, "Activities like cooking together, walking the dog and riding alone in the car are ideal times for an important topic to be discussed."

CLARIFY YOUR ROLE

Teenagers are more likely to listen and follow your suggestions and requests if you clarify your role.

"Explain to your teen that the rules and boundaries you are trying to establish are there to help guide and protect them," says Dr. Kenneth Ginsburg, a physician and co-founder of the Center for Parent and Teen Communication. "When you clarify your role in this way your teen will more likely understand the purpose behind the rule – big or small."

Dr. Ginsburg explains that if your teen doesn't take an action you'd hoped for make sure that when you discuss it with them make it about their behavior – not the person.

Dr. Ginsburg stressed the importance of avoiding nagging. He says, "It's easy to fall into a cycle of nagging that can lead to frustration on both sides. When teens sense your annoyance, they may become defensive. When you make requests in an accusatory tone, they become ineffective."

PROVIDE OPTIONS

If there are chores that teenagers need to do then offer them the option of selecting one of three chores. Dr. Salerno says, "Teens feel respected when they are given options, not directives, which ultimately lowers their resistance." You can also give them a choice of what time they want to complete the chore.

Cheryl Maguire is the mother of twins and a daughter. Her writing has been published in *The New York Times, National Geographic, Washington Post* and *Parents Magazine*, among others.







Loggerhead Marinelife Center — Palm Beach County

Little Hands, Big Hearts

TEACHING KIDS THE JOY OF GIVING IN SOUTH FLORIDA

BY MICHELLE IZQUIERDO



With Thanksgiving around the corner, November is the perfect time to slow down, practice gratitude and show our kids how good it feels to give back. This month, I'm taking you out and about around South Florida while highlighting meaningful opportunities where children and families can make a difference together.

Loggerhead Marinelife Center — Palm Beach County

Families who love the beach can give back through Loggerhead Marinelife Center's beach cleanup opportunities. Their weekly self-guided cleanup gives families a chance to remove litter while helping protect South Florida's oceans and marine life.

Our Favorite Part: Kids can see their impact right away as their cleanup bag fills, opening the door to conversations about protecting our beaches and sea turtles.

Before You Go: The Blue Friends cleanup is held Saturday mornings from 8:30–11:30 a.m. Registration is required. For more information, visit marinelife.org.

Humane Society of Broward County — Reading Buddies



Animal lovers will adore the Humane Society of Broward County's Reading Buddies program. Children ages 6 to 16 can read aloud to adoptable cats and dogs, providing the animals with a calm human presence while practicing their own reading skills and building confidence.

Children reading to cats may sit inside community cat rooms, while those reading to dogs sit outside their kennels.

Our Favorite Part: Kids get to spend time with animals while giving back in a way that feels fun and meaningful. It's a great option for children who may be new to volunteering.

Before You Go: Advance registration is required, space is limited and parents must supervise. For more information, visit humanebroward.com.

Joshua's Heart Foundation — Miami-Dade

Joshua's Heart Foundation is a youth-led nonprofit focused on fighting food insecurity while giving young people opportunities to serve and lead. Families can volunteer through the organization's food pantry and mobile grocery distributions throughout South Florida.

Volunteers of all ages are welcome, including young children alongside their families. Depending on the event, kids may help sort and pack food, organize supplies and prepare items for distribution.

Our Favorite Part: Joshua's Heart was founded by a child, making it a wonderful reminder that kids are never too young to make an impact.

Before You Go: Opportunities vary by event, so register in advance and check age requirements. For more information, visit joshuasheart.org.

Grateful at Home: Make a Gratitude Tree

Keep the giving spirit going at home with a family Gratitude Tree. Place a few branches in a vase, cut leaves from fall-colored paper and have each family member write down one thing they're grateful for each night. Hang the leaves on the branches, and by Thanksgiving, you'll have a beautiful reminder of everything your family has to be thankful for.

Giving back doesn't have to be complicated. Whether you're packing food, reading to a shelter pet or cleaning up the beach, even small acts can show our kids just how much kindness matters.

Michelle Izquierdo is a South Florida mom and content creator sharing family adventures, easy recipes, creative crafts, lifestyle fun and travel. Follow along on Instagram @morewithmichelle.







Joshua's Heart Foundation — Miami-Dade

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Flamingo Gardens

www.flamingogardens.org | 3750 S Flamingo Rd, Davie, FL 33330 | 954-473-2955

Made possible with support from the Broward County Cultural Division, who is supported by the Broward County Board of County Commissioners. Sponsored in part by the State of Florida through the Division of Arts and Culture and the National Endowment for the Arts.

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Animal exhibits, museum, and Tram ride are closed at night. No other discounts apply. Guest passes not valid for this event.



Leaving on a Jet Plane

TIPS AND TRICKS FOR FLYING WITH BABIES AND TODDLERS (AND EVEN SOME CANTANKEROUS ADULTS)

BY SUSAN ROSSER

"So kiss me and cry for me..." While this may be a refrain from "Leaving on a Jet Plane," a love song penned by '70s country legend John Denver, it could easily be the theme song for parents brave enough to fly with babies and toddlers. If we're being honest (and why wouldn't we?), flying can be stressful at any age. Even some adults find it challenging to cope with being crammed into a seat built for a baby gerbil for hours at a time.

With the holiday season upon us and plenty of families planning air travel to visit relatives or take a much-needed vacation, here are some tips gathered over the years from friends and family.

BOOK AROUND NAP TIME

If possible, choose a flight that fits your child's usual sleep schedule. Of course, there are no guarantees your little angel will actually sleep, but it's worth a shot.

PACK A CARRY-ON SURVIVAL KIT

Include diapers, wipes, a change of clothes for everyone, snacks, bottles and any must-have comfort items. And yes, pack extra clothes for yourself. You never know when your child might decide you need a wardrobe change, too.

BRING GIFTS

OK, this one might sound extravagant, but hear me out. This was my sister's idea, and she was a special ed teacher, making her somewhat of an expert. Pack small surprises, sticker books, board books and mess-free activities to keep kids entertained. Here's where her brilliance shines: gift-wrap them! That little extra step can turn a boring airplane ride into an adventure in the sky. Pack a few small items and let your child unwrap one every 30 minutes or so. Who doesn't love a present?

FEED DURING TAKEOFF AND LANDING

Nursing, bottle-feeding or offering a pacifier can help ease ear pressure for babies.

KEEP DRINKS HANDY FOR TAKEOFF AND LANDING

For older kids who can follow directions, remind them to swallow. Buy a small drink at the airport so they have something to sip during takeoff and landing. Swallowing can help relieve ear pressure. If you don't want to buy drinks, look for a water fountain or bottle-filling station where you can refill a water bottle.

DRESS IN LAYERS

To say airplane temperatures vary is quite the understatement. In Florida, if you get stuck on the tarmac before takeoff, you can easily feel as though you might melt. Your best bet is a T-shirt with layers you can add or remove as needed.

PACK MORE SNACKS THAN YOU THINK YOU NEED

Delays happen, and familiar snacks can help keep hunger-related meltdowns at bay. Even back when airlines served meals on a two-hour flight, my mother always stopped at our favorite deli to pick up sandwiches for us to eat on the plane. Honestly, I remember the looks of jealousy we got from other passengers. And I'm pretty sure the restaurants at the airport have never heard of a reasonably priced turkey sandwich. So, to avoid spending $47 on a basic burrito, plan ahead.

ALLOW EXTRA TIME AT THE AIRPORT

Arrive early enough to handle diaper changes, bathroom breaks and unexpected detours without rushing. Traveling with little ones is not the time to test your record for getting from the parking lot to the gate in 12 minutes.

KNOW YOUR STROLLER OPTIONS

Check your airline's rules for gate-checking strollers and bringing car seats on board. A little planning can save you from wrestling with a stroller while juggling a toddler and three bags.



DOWNLOAD ENTERTAINMENT AHEAD OF TIME

Save favorite shows, songs and games for offline use, and bring child-sized headphones if needed. Airport Wi-Fi and in-flight internet are not things you want to depend on when a meltdown is brewing.

KEEP EXPECTATIONS REALISTIC

Little ones may cry, wiggle or need extra attention. You don't have to keep them perfectly quiet or still. Remember, even some grown-ups have trouble sitting still for hours. (You know who you are.)

BRING A FAMILIAR COMFORT ITEM

A favorite stuffed animal, blanket, or pacifier can make an unfamiliar environment feel safer. Just make sure that beloved stuffed bunny doesn't get left behind at security or under the seat.

STAY FLEXIBLE

Focus on getting to your destination rather than sticking to your usual routine. A little extra screen time or a special treat can go a long way. And if all else fails, remember: the flight will eventually end. You've got this!

Susan Rosser is the editor of *South Florida Family Life*. She once flew with her then 2-year-old daughter just days after potty training, and the fact that they made it through the flight without a single accident remains one of her proudest mom moments.

FIND THE FUN

Get the inside scoop on South Florida's best family events *delivered straight to your inbox.*



Festivals, fairs & weekend happenings

Kids' activities, storytimes & more

Seasonal fun & can't-miss local events

Handpicked for families in your neighborhood

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SOUTH FLORIDA Family LIFE

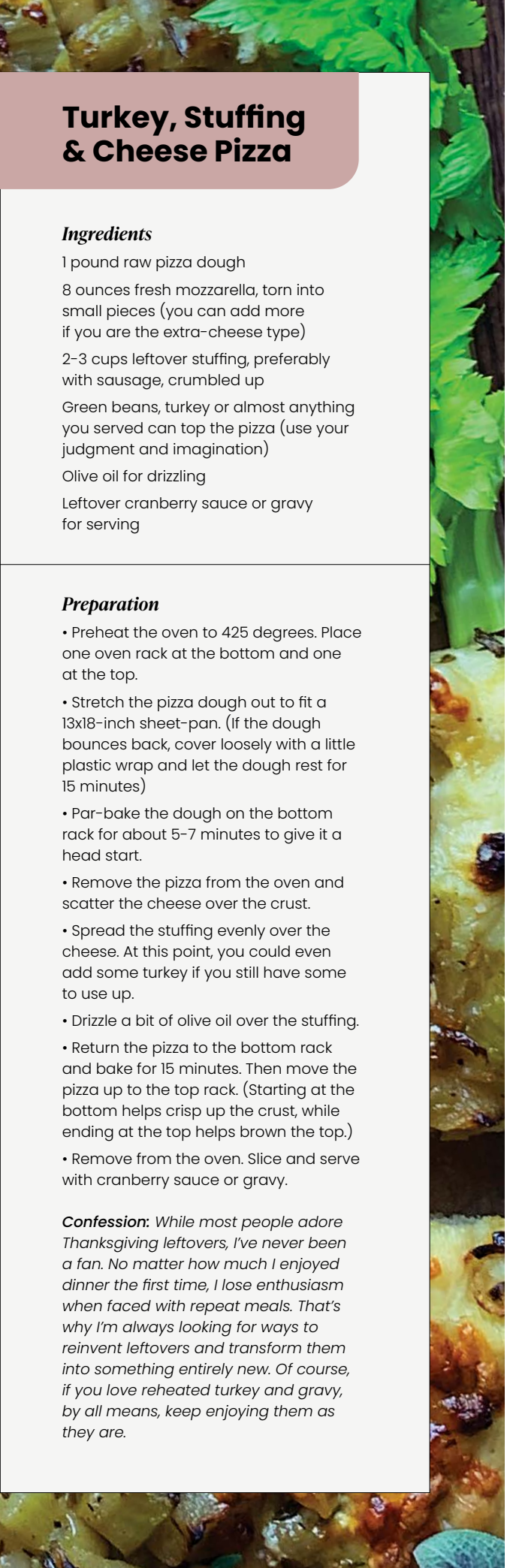
Oh Pie!

The Ultimate Upgrade for Thanksgiving Leftovers

Recipes and Photos by Susan Rosser

Topping pizza dough with stuffing might sound like one carb too many, but I prefer to think of it as Thanksgiving leftovers reaching their full potential. No matter how many people I'm feeding on Thanksgiving, I always make enough stuffing for a small army. But by Saturday, even this stuffing enthusiast can start to lose zeal for the annual encore. One year, rather than reheating it for the umpteenth time, I piled it onto pizza dough, added cheese and a few other Thanksgiving-ish ingredients and turned it into a surprise Saturday night dinner. I fully expected at least a little resistance from the kids. There was none. No one complained. In fact, we finished all the leftovers. Mission accomplished.





Turkey, Stuffing & Cheese Pizza

Ingredients

1 pound raw pizza dough

8 ounces fresh mozzarella, torn into small pieces (you can add more if you are the extra-cheese type)

2-3 cups leftover stuffing, preferably with sausage, crumbled up

Green beans, turkey or almost anything you served can top the pizza (use your judgment and imagination)

Olive oil for drizzling

Leftover cranberry sauce or gravy for serving

Preparation

• Preheat the oven to 425 degrees. Place one oven rack at the bottom and one at the top.

• Stretch the pizza dough out to fit a 13x18-inch sheet-pan. (If the dough bounces back, cover loosely with a little plastic wrap and let the dough rest for 15 minutes)

• Par-bake the dough on the bottom rack for about 5-7 minutes to give it a head start.

• Remove the pizza from the oven and scatter the cheese over the crust.

• Spread the stuffing evenly over the cheese. At this point, you could even add some turkey if you still have some to use up.

• Drizzle a bit of olive oil over the stuffing.

• Return the pizza to the bottom rack and bake for 15 minutes. Then move the pizza up to the top rack. (Starting at the bottom helps crisp up the crust, while ending at the top helps brown the top.)

• Remove from the oven. Slice and serve with cranberry sauce or gravy.

Confession: *While most people adore Thanksgiving leftovers, I've never been a fan. No matter how much I enjoyed dinner the first time, I lose enthusiasm when faced with repeat meals. That's why I'm always looking for ways to reinvent leftovers and transform them into something entirely new. Of course, if you love reheated turkey and gravy, by all means, keep enjoying them as they are.*

A Sweet and Savory Side that Steals the Show



Thanksgiving may be all about the turkey, but let's be honest: the sides are what make the meal. From sweet potatoes to stuffing, those supporting players often steal the show. This sweet-savory maple-miso squash is scrumptious on its own, and it would also make a flavorful addition to your Thanksgiving leftovers pizza.

Maple-Miso Butternut Squash

Ingredients

1 medium butternut squash, peeled and cut into 1-inch cubes

2 tablespoons white miso paste

2 tablespoons pure maple syrup

2 tablespoons avocado oil

1 tablespoon apple cider vinegar

Fresh cilantro, parsley or scallions, chopped (both work beautifully – choose based on your audience)

1 cup plain Greek yogurt (optional)

The juice from 1/2 a lemon

Preparation

• Heat the oven to 425ºF. Line a baking sheet with parchment for easier cleanup.

• **Make the glaze:** In a small bowl, whisk together the miso, maple syrup, avocado oil and vinegar.

• **Dress the squash**: Toss the squash cubes with the glaze until everything is well coated.

• **Roast:** Spread the squash on the baking sheet in a single layer. Roast for 25–35 minutes, flipping once halfway, until caramelized on the edges and fork-tender.

• **Mix the yogurt** with the lemon juice and season with kosher salt. Spread the yogurt onto a platter. (You can skip the yogurt if you wish. It's delish either way.)

• Arrange the squash over the yogurt. Sprinkle with cilantro or scallions. Serve warm.



Build a Better World: The Future Begins with You

Big Discoveries. Little Changemakers.

From protecting local habitats to restoring power after a hurricane, new experiences at MODS show children how caring, cooperation, critical thinking and confidence can make a difference.

50 1977–2027
MUSEUM OF DISCOVERY AND SCIENCE

What if a child's curiosity about an animal, a beach or a hurricane could become the first step toward helping their community?

At the Museum of Discovery and Science (MODS) in Fort Lauderdale, *Build a Better World: The Future Begins with You*, a new permanent exhibit, helps children follow that curiosity and discover how their own strengths can make a difference.

Across the 7,500-square-foot gallery, families interact with Lilly, an AI-powered North American river otter in the immersive *Everglades Theater*, ascend the soaring *Mangrove Mangal Climber* and explore *Atlantic and Indo-Pacific Coral Reef Habitats*. Children discover how mangroves protect communities from storm surge and provide homes for marine life, while learning about coral reefs and restoration efforts.

Now open, *Build a Better World* connects learning about nature with caring for the communities where families live, play and explore. The exhibit is rooted in four character strengths: Caring, Cooperation, Critical Thinking and Confidence. Guests practice and build these strengths as they work with one another, weigh choices, test ideas and make decisions that support people and the planet.

The character framework is made possible by Lilly Endowment Inc. through its Fostering Character in Children's Museums initiative. As Broward's Hub for Resilience Education, MODS connects these discoveries with opportunities for families to take action in their communities.

Learning about environmental issues can feel overwhelming for children, but hands-on discovery can help them see how their actions can make a difference. *Build a Better World* helps them recognize that they can contribute to solutions. By practicing caring, cooperation, critical thinking and confidence, children learn to approach challenges with hope, adapt when an idea does not work and take meaningful steps to help their community.

Children can design a climate-resilient city that considers the needs of people and animals. LEGO® Build the Change activities invite them to imagine stronger communities, build their ideas and explain their designs. At the Solutions Showcase, families discover innovations such as 3D-printed living seawalls, exploring how engineering and biology can work together to help protect Florida's communities.

"Children should leave knowing that their ideas matter and that they have the power to make a difference," said Joseph P. Cox, president and CEO of MODS. "When they discover



their strengths, care for the world around them and work together, challenges become opportunities to create change. *Build a Better World* helps families see that a brighter, more resilient future begins with them."

That next step takes shape at the Pledge Wall, where guests receive a customized selection of actions based on what they learn about themselves throughout the exhibit. Families can volunteer for projects ranging from dune restoration to beach cleanups with dozens of Broward County environmental organizations partnering with MODS. Children and adults can turn what they have discovered into action in their communities.

Through MODS' EcoExplorers program, Broward high school students help lead exhibit activities and serve as role models for younger children discovering their own interest in protecting nature.

The learning continues beyond the Museum through MODS' partnership with Broward County Library.

> *Children should leave knowing that **their ideas matter** and that they have the power to make a difference.*
>
> **—Joseph P. Cox**
> President and CEO,
> Museum of Discovery and Science

Character Corners at seven regional libraries and Book Nooks at all 37 branches bring character-building experiences to young children and their caregivers. Monthly educator-led programs and storytimes at the Character Corners give families more opportunities to learn together.

Inside the Reimagined Storm Center

South Florida families can explore another dimension of community resilience at the newly reimagined *Storm Center,* presented by Florida Power & Light Company (FPL). Guests investigate hurricane science by building a storm, creating clouds and stepping into a simulator to feel hurricane-force winds.

The new *FPL Command Center* puts families in charge of restoring power after a hurricane. Using weather information and drone technology, guests assess storm damage, identify where help is needed and decide which restoration crews to send. Each choice shows how people, information and technology work together to restore power safely and help a community recover.



At the *WSVN News Station,* guest step into the role of weather reporters, learning how communicating changing conditions can help a community prepare.

Together, *Build a Better World* and the *Storm Center* help children recognize their strengths and see how their actions can make a difference. The discoveries continue at home, in their neighborhoods and at local beaches, where families can put their ideas into practice. A day of exploration can become the beginning of a lifelong commitment to caring for people and the planet.



Build a Better World
The Future Begins with You

Both Build a Better World and the Storm Center exhibits are included with Museum admission.

MODS is located at 401 SW Second St. in downtown Fort Lauderdale.
Learn more and plan your visit at **mods.org.**





FIND *the* GOOD

6 SIMPLE WAYS FOR RAISING *Hopeful Kids*

BY SHANNON DEAN

It doesn't take more than a few minutes of watching the news to feel the weight of the world. Holding on to hope can be hard, even for adults. So it's no wonder that many parents find themselves asking how to raise kids who can still see the good in a complicated world.

Fortunately, experts believe that optimism is a mindset we can model, teach and nurture. And the payoff is huge. Research by psychologist Martin Seligman shows that children raised by optimistic parents tend to experience lower levels of anxiety and depression. With that in mind, here are six practical ways you can help your child develop a hopeful outlook – even when the world feels anything but.

1 ***Start with what kids can control.*** When life feels overwhelming, one of the most powerful gifts we can offer our children is the understanding that effort matters more than outcome. That small but profound shift helps them feel a sense of agency. And agency brings hope.

For example, if your child is nervous about making the soccer team, point to what they can control. You might say, "The final roster is up to the coach, but you can keep practicing those corner kicks."

Psychologist Carol Dweck's research backs this up: Children who are praised for their efforts regardless of the outcome grow more motivated and resilient – even when the road gets tough.

2 ***Help your child notice the good stuff.*** Focusing on the positive doesn't mean ignoring problems. It just means making room to notice the bright spots, too. A simple way to plant those positive seeds is to ask, "What went well today?" The answer could be something as tiny as getting extra fries at lunch. Optimistic thinking becomes a habit when kids learn to spot small positive things rather than waiting for big wins.

If gratitude ever feels forced, try telling stories instead. Say something like, "Remember when we thought that camping trip was a disaster? But then the tent blew over, and we couldn't stop laughing."

These moments shape how kids remember the past and teach them to expect goodness in the future.



3 ***Talk honestly but carefully.*** Kids are observant. They're listening, even when we think they're not. So while you can't avoid talking about difficult topics, you can balance those conversations with stories of hope.

Point out people who make a difference. Show them helpers planting trees, delivering meals and showing up. By doing that, you acknowledge the world's problems without highlighting despair. You show your child that for every challenge, people are trying to fix it.

Sean Grover, author of *Shortcuts to a Happier Life*, notes that kids who learn the value of helping others experience improved mood, behavior, self-worth and greater happiness.



4 ***Let them see you make mistakes but keep going.*** Your child already knows that everyone makes mistakes sometimes. But how you handle those mistakes is where the real teaching happens. Maybe you burn dinner, take the wrong turn for the field trip, or spill coffee down the front of your white shirt. What matters is what you do next.

A phrase like, "Well, that didn't go how I wanted, but I'm going to try again," models resilience without pretending everything is fine. Kids who see mistakes as normal – and recoverable – are more likely to approach life with confidence, flexibility and quiet optimism.

5 ***Make home a soothing place with predictable, joyful rituals.*** In a world that often moves too fast, rituals at home give kids something to hold on to. They're comforting, grounding, and quietly say, "This is your soft place to land."

Rituals don't need to be fancy. Maybe every Friday is pizza and puzzle night. Maybe mornings start with a "joke of the day" at breakfast. These little routines become anchors that remind kids that even when life gets bumpy, there's still joy, still laughter, still love.



6 ***Don't rush to rewrite every negative feeling.*** When your child says something heavy, like "I'm the worst at everything," or "The world is just messed up," the urge to leap in with sunshine and rainbows is strong.

But try not to rush in. Instead, pause and offer something like, "That sounds really hard. Want to tell me more about it?" Give them space, and shift the lens with a phrase like, "I know today was tough. But I also saw how hard you tried."

"Optimism isn't about pretending everything is fine," says child psychologist Dr. Tovah Klein, author of *How Toddlers Thrive*. "It's about believing that challenges can be managed and that effort matters."

Raising an optimistic child doesn't mean raising someone who's endlessly cheerful. It means raising someone who can see life as it is and still choose hope. And that begins with you – in how you navigate your own rough days, in how you talk through disappointments, and in how you speak to your children when everything feels a little too heavy.

Because of your example, they'll start to believe in the in the good. They'll begin to look for the light because they saw you do it first. And that's a superpower they'll carry for life.



Simple Habits that Build a Brighter Outlook

NAME THE GOOD OUT LOUD. Phrases like "The sky looks extra blue today!" or "I loved our breakfast chat" teach kids to notice joy in the everyday.

START A 'ROSE AND THORN' ROUTINE. Ask your child to share one good thing (the rose) and one hard thing (the thorn) about their day. This normalizes talking about both hope and hardship.

USE THE WORD 'YET' OFTEN. When your child tends toward self-doubt, use the word yet. An example is "You don't understand it... yet." That tiny word reinforces the idea that growth is possible.

MODEL BOUNCE-BACK LANGUAGE. When things go wrong, model that it's possible to bounce back with phrases like, "Well, that didn't work, but now we know what to try next."

KEEP A FAMILY JOY JAR. Drop in slips of paper when something funny, sweet or special happens. Read them together on tough days.

LET THEM SOLVE SMALL PROBLEMS. Support your child in figuring out simple challenges like packing their own snack or mending a toy. Confidence fuels optimism.

ENCOURAGE EFFORT; NOT JUST OUTCOME. Use phrases that praise the process and not the outcome, like "You worked so hard on that," or "You didn't give up."

HELP THEM HELP SOMEONE ELSE. Let them choose a neighbor to make cookies for, or let them pick out canned goods to donate to a food bank.

POINT OUT ROLE MODELS. Find role models in your everyday life and make sure your child knows about them with phrases like "That scientist didn't give up after the first try," or "She kept smiling even when things went wrong."

REFRAME WHEN YOU CAN. When things begin to go sideways, use reframing phrases like "That was frustrating, but I'm glad we stayed calm," or "We didn't get what we wanted, but we learned something new."

LOCAL LINEUP

FAMILY EVENT CALENDAR

Every effort has been made to provide accurate information. Changes and cancellations do occur. Please double check the details before setting out on your adventure.



Camelot Days Medieval Festival

BROWARD

Camelot Days Medieval Festival

SATURDAYS–SUNDAYS, NOVEMBER 7–8, 14–15, 21–22

Camelot Days returns with jousting, knights, pirates, fairies, sword fighting, music, comedy, magic and the living chess game across three themed weekends. 10am–5:30pm, **T.Y. PARK**, 3300 N. Park Rd., Hollywood, 786-332-0047, camelotdays.com

Reading Practice

SATURDAY, NOVEMBER 7

Children in grades K-5 build reading skills through 45-minute one-on-one tutoring sessions. Registration is required. Free. 10:30am-1:30pm, **NSU ALVIN SHERMAN LIBRARY**, 3100 Ray Ferrero Jr. Blvd., Fort Lauderdale, 954-262-5477

Festival of the Arts

SATURDAY–SUNDAY, NOVEMBER 7–8

Students in grades K-12 showcase and sell original artwork and literary creations at this celebration of young artists. Families can shop one-of-a-kind handmade creations and holiday gifts. $5. Noon–4pm, **YOUNG AT ART MUSEUM**, 8000 W. Broward Blvd., Suite 1208, Plantation, 954-424-0085, youngatartmuseum.org

Schoolhouse Rock Live!

FRIDAY, NOVEMBER 13

The Emmy Award-winning 1970s pop culture phenomenon comes to life, featuring classics such as "Just a Bill" and "Conjunction Junction." Recommended for grades 2–5. 10am, **BROWARD CENTER FOR THE PERFORMING ARTS**, 201 SW Fifth Ave., Fort Lauderdale, 954-462-0222, browardcenter.org

PowWow Marketplace

FRIDAY–SATURDAY, NOVEMBER 13–14

Enjoy Native American dancing, Aztec and hula performances, wildlife shows and cultural demonstrations. Free. 9am–5pm, **SEMINOLE OKALEE INDIAN VILLAGE**, 3551 N. State Road 7, Hollywood, 877-902-1113, ahtahthiki.com

Light Up Dania Beach

SATURDAY, NOVEMBER 14

Celebrate the season with festive lights, live entertainment and family-friendly activities. 6-9pm, **DANIA BEACH CITY HALL**, 100 W. Dania Beach Blvd., Dania Beach, 954-924-6800, daniabeachfl.gov

Farm Fables

WEDNESDAY, NOVEMBER 18

Children ages 2-4 can enjoy farm-themed story time, a craft or game and a chance to meet the farm animal of the month. $5. 10-11am, **TRADEWINDS PARK & STABLES**, 3600 W. Sample Rd., Coconut Creek, 954-357-8870, broward.org

Tree Lighting Ceremony

FRIDAY, NOVEMBER 20

Celebrate the season with a festive tree lighting, real snow flurries, a sledding hill and children's arts and crafts, plus a visit from Santa and more. Free. 5–10pm, **ARTSPARK AT YOUNG CIRCLE**, One Young Circle, Hollywood, hollywoodfl.org

Winter Wonderland

SATURDAY, NOVEMBER 21–WEDNESDAY, DECEMBER 30

Flamingo Gardens glows with a walk-through holiday light experience featuring Santa's Village, Storytime with Mrs. Claus, nightly concerts, and s'mores roasting. **FLAMINGO GARDENS**, 3750 S. Flamingo Rd., Davie, 954-473-2955, flamingogardens.org

Holiday Fantasy of Lights

SATURDAY, NOVEMBER 21–SATURDAY, JANUARY 2

Families can cruise through three miles of holiday displays and illuminated trees during this festive drive-through tradition. $31/per car; $63/vehicles with 15+ passengers; $2 special-effect glasses. 6-10pm, **TRADEWINDS PARK - NORTH ENTRANCE**, 3600 W. Sample Rd., Coconut Creek, 954-956-7266, holidaylightsdrivethru.com

Town of Davie Holiday Craft Fair

SATURDAY–SUNDAY, NOVEMBER 21–22

Discover over 100 local vendors, enjoy live entertainment, arts and crafts, train rides, letters to Santa, holiday shopping and more. Free. 9am–4pm, **BERGERON RODEO GROUNDS**, 4201 Rodeo Way, Davie, 954-797-1181, davie-fl.gov

Meals on Wheels 2026 Thanksgiving Project

THURSDAY, NOVEMBER 26

Volunteers can help Meals on Wheels South Florida bring hot turkey dinners and friendly holiday visits to home-bound seniors who may otherwise spend Thanksgiving alone. **MEALS ON WHEELS SOUTH FLORIDA**, 4355 W. Sunrise Blvd., Plantation, 954-714-6924, mowsoflo.org/holidayopportunities

Cirque Dreams Holidaze

FRIDAY–SUNDAY, NOVEMBER 27–29

This holiday spectacular combines Broadway-style musical theater with contemporary circus artistry, soaring acrobatics and gravity-defying feats. **BROWARD CENTER FOR THE PERFORMING ARTS**, 201 SW Fifth Ave., Fort Lauderdale, 954-462-0222, browardcenter.org

Ocean Way Holiday

THURSDAY, DECEMBER 3

Celebrate the season with festive entertainment, holiday activities, treats and photo opportunities. Free. 5-9pm, **MAIN BEACH PARKING LOT**, 149 SE 21st Ave., Deerfield Beach, 954-250-4239, deerfield-beach.com

South Florida Symphony Orchestra: Handel's Messiah & Holiday Pops

SATURDAY, DECEMBER 5

Handel's beloved Messiah brings the Christmas portion and triumphant "Hallelujah" chorus to life alongside festive Holiday Pops favorites, guest vocalists and the South Florida Symphony Chorus. Tickets from $35. 7:30pm, **LILLIAN S. WELLS HALL AT THE PARKER**, 707 NE Eighth St., Fort Lauderdale, 954-462-0222, browardcenter.org

MIAMI-DADE

Baby STEAM
WEDNESDAYS, NOVEMBER 4, 11, 18 & 25
Young children ages 1 to 3 explore science, technology, engineering, art and math through sensory-rich activities, gallery exploration and interactive storytelling at this weekly program. 10:30am, **MIAMI CHILDREN'S MUSEUM**, 980 MacArthur Causeway, Miami, 305-373-5437, miamichildrensmuseum.org

Kids' Drawing Class
SUNDAYS, NOVEMBER 8, 15, 22 & 29
Aspiring artists ages 13 and under can learn techniques for bubble letters and characters from a local artist. Free with paid admission. 10-11am, **MUSEUM OF GRAFFITI**, 299 NW 25th St., Miami, museumofgraffiti.com

Bass Babies
THURSDAYS, NOVEMBER 5, 12, 19 & 26
This weekly art program invites toddlers ages 2-4 and their caregivers to build sensory awareness and creativity through hands-on art and music activities. $20-$25. 11am-noon, **THE BASS**, 2100 Collins Ave., Miami Beach, 305-673-7530, thebass.org

Talking is Teaching
FRIDAY, NOVEMBER 6
Babies and toddlers ages 0-3 and their caregivers enjoy stories, songs and finger plays. 11am-noon, **COCONUT GROVE BRANCH LIBRARY**, 2875 McFarlane Rd., Miami, 305-442-8695, mdpls.org

Member Morning: The Science Behind Pixar
SATURDAY, NOVEMBER 7
Frost Science members can enjoy exclusive early access to The Science Behind Pixar and explore interactive exhibits revealing the engineering, art and math behind animated films. 10-11am, **PHILLIP AND PATRICIA FROST MUSEUM OF SCIENCE**, 1101 Biscayne Blvd., Miami, 305-434-9600, frostscience.org

Chess Game Meetup
SATURDAY, NOVEMBER 14
Chess enthusiasts ages 6 and older play games, sharpen their skills and meet fellow players. Beginners and experienced players are welcome. 1-3pm, **PINECREST BRANCH LIBRARY**, 5835 SW 111th St., Pinecrest, 305-668-4571, mdpls.org

A Charlie Brown Christmas Concert
SATURDAY, NOVEMBER 14
Enjoy an interactive concert featuring Vince Guaraldi's timeless holiday compositions and learn about Guaraldi's music and role in A Charlie Brown Christmas. $35/in advance; $40/door. 5-6:40pm, **DENNIS C. MOSS CULTURAL ARTS CENTER**, 10950 SW 211th St., Miami, 786-573-5300, mosscenter.org

Want The Inside Scoop?

SCAN FOR INSTANT ACCESS to the ***Best Local Family Fun*** — events, activities and things to do, delivered right to your inbox!

Miami Book Fair
ONGOING, NOVEMBER 15-22
A hybrid event in downtown Miami and online with scheduled author presentations, workshops and activities. The weekend Street Fair takes place November 20-22 Admission varies by event. **MIAMI-DADE COLLEGE**, Wolfson Campus, 300 NE Second Ave., Miami, 305-237-3258, miamibookfair.com

READy, Set, Go: Storytelling
WEDNESDAY, NOVEMBER 18
Enjoy an interactive storytime featuring songs and activities that build language development and early literacy skills. 3-4pm, **CORAL GABLES BRANCH**, 3443 Segovia St., Coral Gables, 305-442-8706, mdpls.org

Family Day on Aragon
SATURDAY, NOVEMBER 21
Enjoy a day of family fun activities, arts and crafts, live performances and more every third Saturday of the month. Free. 10am-6pm, **CORAL GABLES MUSEUM**, 285 Aragon Ave., Coral Gables, 305-603-8067, coralgablesmuseum.org

Winter Fest 2026
SATURDAY-SUNDAY, NOVEMBER 21–22
Kick off the holiday season with two days of fun – a park lighting ceremony on Saturday, with additional entertainment on Sunday. $10/residents; $50/non-residents (per person, per day). 5:30-9pm, **GATEWAY PARK**, 151 Sunny Isles Blvd., Sunny Isles Beach, 305-792-1706, sibfl.gov

Historic Holidays Décor: Tides & Tidings
FRIDAY, NOVEMBER 27–WEDNESDAY, JANUARY 6
Step back in time and experience the magic of the season while exploring the nostalgic charm of the historic house decorated for the holidays. $10-$18. 10am-5pm, **DEERING ESTATE**, 16701 SW 72nd Ave., Palmetto Bay, 305-235-1668, deeringestate.org

Zoo Lights Miami
FRIDAY, NOVEMBER 27–WEDNESDAY, DECEMBER 30
Step into a wild holiday wonderland glowing with more than one million lights, festive music, seasonal treats, character encounters and more. 6:30-10pm, **ZOO MIAMI**, 12400 SW 152nd St., Miami, 305-251-0400, zoomiami.org

Fireside Nights
SATURDAY, NOVEMBER 28–SATURDAY, DECEMBER 26
Holiday lights, hot cocoa, cookies and cozy gathering spaces set the scene for a festive evening with photo opportunities and a first-come, first-served nocturnal garden tour. $10/adults ages 12 and up; $5/ages 6–11; free/ages 5 and under. 6-10pm, **FRUIT & SPICE PARK**, 24801 SW 187th Ave., Homestead, 305-247-5727, miamidade.gov/fruitandspicepark

PALM BEACH

Becoming Jane: The Evolution of Dr. Jane Goodall
ONGOING, THROUGH SUNDAY, JANUARY 24
This immersive exhibition explores the life and legacy of Dr. Jane Goodall through projections, hands-on interactives and a lifelike holographic encounter. Visitors of all ages journey from her childhood dream of Africa to her pioneering chimpanzee research at Gombe. $45/general; $38/seniors, students, military, first responders; $22/children 3-12. 10:30am-5pm, **SOUTH FLORIDA PBS**, 3401 S. Congress Ave., Boynton Beach, 561-274-8309, southfloridapbs.org

West Palm Beach GreenMarket
SATURDAYS, NOVEMBER 7, 14, 21 & 28
Shop fresh produce, baked goods, coffee, teas, flowers and local finds with live music, pop-up workshops and chef competitions. Free. 8:30am-1:30pm, **WATERFRONT COMMONS**, 100 N. Clematis St., West Palm Beach, 561-822-1515, wpb.org

Red, White & Boca: A Veterans Day Celebration
WEDNESDAY, NOVEMBER 11
Honor the nation's veterans with patriotic tributes, speakers, live music, classic car shows and a food drive benefiting local families. Free. 4-7pm, **MIZNER PARK AMPHITHEATER**, 590 Plaza Real, Boca Raton, myboca.us

Surge Youth Summit
SATURDAY, NOVEMBER 14
Topics include mental health, leadership and community connection at this all-ages summit featuring a full day of empowering programming. Free. 9am-3pm, **FAU STUDENT CENTER**, 777 Glades Rd., Boca Raton, 925-367-5478

Zoo Lights
FRIDAY, NOVEMBER 20–SUNDAY, JANUARY 3
Explore glowing holiday displays, immersive polar projections and bioluminescent pathways, with photos with Santa and festive hands-on activities. $22/adult; $17/child. **PALM BEACH ZOO**, 1301 Summit Blvd., West Palm Beach, 561-547-9453, palmbeachzoo.org

American Indigenous Arts Celebration
FRIDAY-SATURDAY, NOVEMBER 6-7
Experience two vibrant days of Seminole and Indigenous culture with art, music, food, dance and more, hosted by the Seminole Tribe of Florida. Free. 10am-5pm, **Ah-Tah-Thi-Ki Museum**, Big Cypress Seminole Indian Reservation, 34725 W. Boundary Rd., Clewiston, 877-902-1113, ahtahthiki.com



Make Family Memories

DISCOVER YOUR NEXT ADVENTURE AT GIRL SCOUTS WE HEART WELAKA

Spending time outdoors gives families a chance to step away from busy routines, reconnect with one another, and create meaningful memories through shared experiences. From exploring nature to trying a new activity together, outdoor adventures can inspire curiosity, build confidence, and support healthy, active fun for every age. Families can experience their own outdoor adventure together at We Heart Welaka this December.

For more than 75 years, Girl Scout Camp Welaka has provided generations of girls with a place to build confidence, develop leadership skills, try new things, and form lasting friendships. Set on 640 acres in Jonathan Dickinson State Park, the camp offers families a chance to experience the spirit of adventure that makes camp so special.

The Girl Scouts Soar in the Outdoors study published by Girl Scouts of the USA, found that eight out of 10 girls say Girl Scouting has allowed them to do outdoor activities they had never done before and would not have done otherwise. Additionally, 83% of girls said that Girl Scouts taught them how to take care of the environment. At We Heart Welaka, girls and their families can challenge themselves to try something new, discover new interests, and connect with others in a welcoming environment.





Hosted by Girl Scouts of Southeast Florida, and open to everyone, We Heart Welaka is happening Saturday, Dec. 5 and Sunday, Dec. 6 from 10 a.m. to 4 p.m. at Camp Welaka in Tequesta. The event lets participants choose their own adventures. Activities include fishing, canoeing, and archery for participants in second grade and above, outdoor cooking over an open fire, hiking, slacklining, crafts, and hands-on STEM science experiences for all ages. Each activity offers a chance to try something new, learn by doing, and enjoy time outdoors together.

Animal lovers can meet animal ambassadors from Busch Wildlife Sanctuary during special presentations from 2 to 3 p.m. each day. This year's featured animal is the Florida scrub-jay, a bird found only in Florida. Rangers from Jonathan Dickinson State Park will lead a special activity highlighting this unique species and the importance of protecting its habitat. Friends of Everglades will also join the fun.

Whether visiting camp for the first time or returning for another outdoor adventure, families can explore camp facilities, see where campers stay, and meet summer camp staff while previewing opportunities for summer 2027.

Beyond the activities, the event encourages children to build independence, embrace new challenges, and appreciate Florida's natural environment while making memories with family and friends.

Admission is $20 per participant, and advance registration is required by Dec. 2 or until capacity is reached. Register at gssef.org/en/Activities/events-and-programs/signature-events.html.

girl scouts of southeast florida

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Nicklaus Children's Hospital
Neuroscience Institute
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