



Taking Time and Taking Turns

Scale of Friendship

Children with good social skills have an advantage with making and keeping friends. They also have less conflict and fewer disagreements with others.

What your child will do

- Create their own paper plate rainbow fish.

What you need:

- *Rainbow Fish* by Marcus Pfister
- Paper plate
- Circle cut outs of colored paper and aluminum foil
- Glue stick
- Googly eyes
- Scissors
- Tissue paper square
- Crayons

What you do:

1. Read *Rainbow Fish*.
2. Color face for your rainbow fish.
3. Cut a triangle shape on a side of the paper plate (adult supervision is required when young children are participating) to use for a tail.
4. Attach triangle piece for the tail.
5. Glue the colored circle cutouts on the paper plate.
6. Attach the googly eyes onto the paper plate where the eyes would be.
7. Cut out a slit for fins and fold tissue paper back and forth and slide into fin slot.

For Parents

Children's social skills are important to their peer relationships. Show an interest in your child's friends and their family. Talk about what it means to be a good friend, and how to make new friends and look after friendships.





Work for Your Money!

It is important for children to understand that people work to earn money. The money that they earn is called income and it is needed for people to buy items that they want and need.

What your child will do

Exercise to earn play money! They will be able to use the play money to buy a sticker or a pencil.

What you need

- Play coins
- Stopwatch and hour glasses
- Pencils
- Work for Your Money! Job List
- Pay Sheet
- Prize pencils and stickers

What you do

1. Let your child know that for this activity they will earn play money for doing exercises listed on the Work for Your Money! Job List.
2. Show them that each job earns a specific amount of money.
3. A sticker is worth \$0.50 and a pencil is worth \$1.00.
4. The child will perform different “jobs” on the Work for Your Money! Job List to earn the money.
5. After they complete each task, have the child record it on their Pay Sheet. Pay them.
6. Once they have completed their “jobs” count the total amount of money earned to buy a sticker or a pencil with the play money.



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Self-esteem

Have I Told You...?

In the book *Of Thee I Sing*, President Barack Obama writes a letter to his daughters that tributes thirteen groundbreaking Americans whose unique traits and characteristics contributed to their achievements. Celebrate the unique traits and characteristics that make us who we are. Talk to with your child about the potential that is within us to pursue our dreams.

What you and your child will do

Create artwork that celebrates the traits and characteristics that make them who they are.

What you need

- The book – *Of Thee I Sing* by Barack Obama
- Person template
- Speech bubble template
- Glue
- Markers or crayons
- Construction paper
- Scissors

What you do

1. Talk about a specific trait or characteristic that makes them who they are.
2. Write that specific trait on the speech bubble template in the following format: Have I told you that you are _____?
3. Cut out the speech bubble template and the person templates.
4. Glue the templates on a sheet of construction paper to create your artwork.
5. Decorate your artwork with markers or crayons.
6. Talk about the artwork that you have made together and the dreams that they might want to pursue.

For Parents

Encouragement helps build our self-confidence, self-esteem, and desire to participate fully in life so use this opportunity to communicate with your child about their accomplishments, whether they are big or small! You could also use this opportunity to nurture your own self-esteem by talking about traits that make you who you are. By nurturing your own self-esteem you can foster healthy coping methods and model positive behaviors for your child.



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