At Home
reading and activities to do with your elementary aged child

Activities

Feelings Collage. What does your version of happy look like? What does your version of embarrassed look like? You can draw them, cut out pictures from magazines, or use other crafts you have around the house to create your very own Feelings Collage.

Family List. Brainstorm coping strategies that work well for your family, i.e. counting to 10, fresh air, coloring, or alone time. Spend time together being creative and making your list look beautiful. Decide together where to display your family’s list of coping strategies. You can also create a list of trusted adults who the kids in your family can ask for help. It’s helpful to brainstorm adults at school and adults who they know outside of school.

Hugs. Watch the Hugs video together. Remind your child that they should ask for permission before touching people, and that they should expect others to ask them for permission for touches. You can practice asking each other for permission for touches and listenting to eachother’s responses. Do you want a pat on the head? Do you want a big bear hug? Do you want to be tickled? Link to Hugs Video: https://youtu.be/jJthpRv3xy4

Create a wise person. We get a lot of messages from the world about what’s cool or not cool, and it can be hard to figure out what we think is cool. Create your very own wise version of yourself. What does a wise you care about? How does a wise you deal with problems? What does a wise you do for fun? How does a wise you treat others? Favorite colors, snacks, or movies?

If you are feeling extra proud of your creations, snap a picture and send to celine@wiseuv.org. We’ll feature your picture on our social media!

To Read Together

I Loved You Before You Were Born by Anne Bowen
It’s Not the Stork by Robie Harris
Miles is the Boss of His Body by Abbie Schiller
Uncle Willy’s Tickles by Marci Aboff
Do Princesses Wear Hiking Boots? by Carmela LaVigna Coyle
The Dot by Peter H. Reynolds
A Bad Case of Stripes by David Shannon
For The Right To Learn: Malala Yousafzai’s Story by Rebecca Langston-George
It’s Okay to Be Different by Todd Parr
The Color Monster by Anna Llenas
On Monday When It Rained by Cheryl Kachenmeister
Hands Off Harry by Rosemary Wells
It’s So Amazing! by Robie Harris & Michael Emberley
More, More, More by Vera B. Williams
What I Like About Me by Allia Zobel Nolan
The Boy Who Grew Flowers by Jen Wojtowicz