

# 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](https://youtu.be/jJthpRv3xy4) 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 listening to each other'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](mailto: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

