

Sesame Strong

Family Resources



Sesame Strong

Parent Welcome Packet





Welcome!



Dear Parents,

Welcome to **Sesame Strong**, a program of *Sesame Street in Communities*! We're so glad to be partnering with you.

With our friendly, furry Muppets, songs, stories, and hands on activities, this program is designed to help children manage big feelings and navigate through life's ups and downs with the support of the important grownups in their lives – you!

Let's get started! In this Family Welcome Packet, you'll find:

- Program Overview
- A coloring page for you and your child.

Any questions? Just ask your Sesame Strong teacher.

Thank you for all you do to support your child's learning,

Your friends at Sesame Workshop





Sesame Strong: Program Overview

We call this program **Sesame Strong**, because we know that strong schools and strong families help support children’s healthy growth and development. Together, we’ll use the teaching power of Sesame’s Muppets to help children manage big feelings, build resilience, and navigate through life’s ups and downs...with love, giggles, and kindness.

Here’s how:

- **Parent Mini-Sessions:** At the Sesame Strong mini-sessions, you’ll meet briefly with your Sesame Strong teacher to review the topic and activities for each session. There will be time to ask questions, share ideas, and get support on how to use the Sesame Strong materials.
- **Take Home Activities:** You’ll also receive a packet with the Sesame Strong activities that support each social-emotional skill or strategy. These “playlists” include a parent reading, two video clips, a book (digital), and a hands-on activity for you to try with your child.

Support

All along the way, your Sesame Strong teacher is here to help you with any questions or support you might need.

Benefits

You’re helping your child build important skills for school and for life – that’s something to celebrate! Let’s begin!





