DREAM BIG!
CELEBRATE OUR UNIQUENESS
EXPLORE HOW WE’RE ALL CONNECTED
BUILD AWARENESS OF COMMUNITY
Getting Ready for School and Life – Together!™

Little kids have big spirits, big ideas, and big questions—and we all want them to have “big lives,” with futures full of possibility. One thing that can make all our lives bigger and better—and help kids thrive in school—is a strong sense of self identity and the feeling of belonging to a community.

One way to grow this sense in children is to talk about and celebrate who they are, by helping them get to know others who are both similar to and different from them, and by building their sense of connection with others in their community, including their classroom community. This can all contribute to their ability to succeed in school and to build a smarter, stronger, kinder world… one which they will one day lead.

In these pages, you’ll find conversation starters, activities, and tips to help children explore these big ideas. Enjoy… and dream big!

For more resources on school readiness, visit sesameworkshop.org
I am somebody.
I am unique.
I am curious.
I can make the world better.
I am a good friend.
I love being me.

Every morning, my dad and I look in the mirror and repeat some sentences in our “proud voices.”

Big Words
The little things you do with children can help set the stage for a lifetime of confidence, pride, strength, and respect for self and others. Here’s one way the Sesame Street friends Wes and his dad Elijah do this.

YOUR TURN!
Draw yourself in the mirror and tell a grown-up about the things that make you special. Your grown-up can write them down. Then stand in front of a mirror together and say those things out loud!
Big Connections

We are all part of a larger community, and a sense of belonging helps children feel part of something bigger. Help children connect the dots to see the star that shines when we are part of a respectful, trusting, helpful, fun group, such as a classroom or play group. We can all sparkle!

YOUR TURN!
You and your friends, family, classmates, neighbors, and others in your community are all connected. Name a few people who are important to you, and have a grown-up write them down near each dot. You can draw their faces, too. Then connect the dots. Together, you are superstars!
Big Hearts

Young children are beginning to understand that what’s important to them may not be as important to someone else. That helps them build healthy relationships in school and in life!

Taking Care of Our Hearts

Even good friends sometimes have conflicts. It’s important for children to have ways of handling anger, frustration, and sadness. Explain that one way to take care of ourselves when we have big feelings is to talk about them, but that sometimes we need other ways to show how we feel.

When kids have big feelings, you might say:

- “Let’s draw. What colors and shapes show how you are feeling right now? Can you draw other feeling words?” (Maybe “happy” is big yellow dots, or “sad” is small blue scribbles.)
- “Let’s dance. What are some ways that could help you move big feelings out of your body?” Take turns picking music and copying each other’s movement.

Think about what you love and what is important to you. Draw those things in the heart, or a grown-up can write down your ideas.

Elmo and I love some of the same things, but there are other important things that we do not have in common—and that’s okay!
Abby showed me a flower growing in her garden box. The flower seed is a wish and something she is going to do.

**Big Learning**
Remind children that everything they do matters. We’re all important members of our community and important people in the lives of our friends and family!

**ABBY WANTS:**  
To get to know her new neighbor, Wes.

**ABBY IS GOING TO:**  
Ask Wes if he wants to grow a garden together.

Think of your own ideas, and have a grown-up write them down! Then draw a flower growing from each seed.

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**I WANT:**

**I AM GOING TO:**
OUR BIG LIVES

I can’t wait to learn, play, and work together with my new friends!

Draw yourself and join our community of friends… new and old!

For more resources on helping kids get ready for school, visit sesameworkshop.org or pncgrowupgreat.com/sesameresources