

# Sesame Strong

Family Activity Album







Hello Sesame Strong Family,

Here is your Sesame Strong Playlist for **Session 1: Learning Through Play!**

**This Session's Big Idea:**

You can make little moments count.

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## Me Time



### Tips for Reading Together

Reading aloud together each day helps children become readers and writers.

As you read, underline tips or points that you'd like to remember.

<https://sesamestreetincommunities.org/activities/tips-reading-together/>

## Together Time



### EXPLORE TOGETHER

#### **You Matter Most**

A caring adult can make a big difference in a child's life.

Watch together and talk about ways you like to spend special moments together.

<https://sesamestreetincommunities.org/activities/you-matter-most-topic-page-video/>



### EXPLORE TOGETHER

#### **Storytime**

Sharing a story together can be a cozy, comforting experience for grownups and kids!

Sing along! What book would you like to read together today?

<https://sesamestreetincommunities.org/activities/storytime/>



### READ TOGETHER

#### **Play All Day**

Learning moments can happen anytime and anywhere.

Click through this story and play along with the Sesame friends!

<https://sesamestreetincommunities.org/activities/play-all-day/>





## PLAY TOGETHER

### Draw What's in Your Heart

Drawing can help children show and share their feelings.

Ask children to tell you about what they've drawn.

<https://sesamestreetincommunities.org/activities/draw-whats-in-your-heart/>



## PLAY TOGETHER

### The Things We Do Together

Everyday activities together create special moments that kids will remember for a lifetime.

What everyday activities do you like to do together? Create your own "together time" book.

<https://sesamestreetincommunities.org/activities/the-things-we-do-together/>

## FRIENDLY REMINDER

Please bring your Family Review Coloring Page to the next session. We'd like to know what you think of these materials. Thank you!



# Tips for Reading Together

Consider these strategies for before, during, and after reading a story together.

**Before Reading:** Talk about books before you read them.

- Put two books in front of children and say, “Let’s choose a book!” Then kids can point to or reach for their choice.
- Look at the front cover together. Ask, “What do you think the book will be about?” For younger children, point and say what you think.

**During Reading:** Look for ways to make the words and pictures come to life!

- Ask children to help turn the pages (babies can’t turn pages on their own, but at 18 months, might begin to try).
- Try using different voices for each character and act out scenes with gestures or body movements. Read in a sing-song voice.
- Let children chime in with the last word of a familiar line. “The cat in the...(hat)!”
- Run your finger under the words as you read to help kids understand there’s a difference between words and pictures. Don’t worry about pointing out each individual word—it’s important for children to hear the rhythm of language, too. Point to and comment on pictures. Ask, “What’s happening on this page?”


**After Reading:** Now it’s the perfect time to talk about the story and let children share what they remember.


- Ask questions that invite children to think about why certain characters did something or felt a certain way. “Let’s go back to this page where Peter looked mad. Why was he mad? What did he decide to do?”
- Encourage children to share their favorite parts of the story (describing them or acting them out).
- Connect the story to kids’ lives (“Have you ever felt the same way as this bunny?”).






# “The Things We Do Together” Book

























 On each page below, work with your child to draw and write about a routine or activity your family enjoys doing together. Cut apart the pages and staple them to make a book. To add pages for more memories, cut apart a piece of paper.



<p style="text-align: center;"><b>The Things We Do Together</b></p> <p> By _____</p>	<p style="text-align: right;">1</p>
<p style="text-align: right;">2</p>	<p style="text-align: right;">3</p>

# Our Family Review: Session 1, Learning Through Play

What did you think of this session's materials?

	Thumbs up	Thumbs Down	Two Thumbs Up	Haven't Tried Yet
<b>Parent Reading:</b> Tips For Reading Together				
<b>Video:</b> You Matter Most				
<b>Video:</b> Storytime				
<b>Book:</b> Play All Day (Digital)				
<b>Game:</b> Draw What's in Your Heart				
<b>Activity:</b> The Things We Do Together				

Our FAVORITE Sesame Strong resource this session was:

\_\_\_\_\_

Because... \_\_\_\_\_

Our LEAST FAVORITE Sesame Strong resource this session was:

\_\_\_\_\_

Because... \_\_\_\_\_

