



Hello Sesame Strong Family,

Here is your Sesame Strong Playlist for **Session 2: I am Special!**

This Session's Big Idea:

Confidence and self-esteem give kids strength to cope with challenges

Me Time



Mindful Parenting

All children have big emotions. It helps when parents stay calm. (But it's not easy!)

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

<https://sesamestreetincommunities.org/activities/mindful-parenting/>

Together Time



EXPLORE TOGETHER

Give Yourself a Hug

Safe, nurturing touch supports kids' healthy development.

Practice these hugs in calm moments, so you're ready to use them in emotional moments.

<https://sesamestreetincommunities.org/activities/give-hug-provider/>



EXPLORE TOGETHER

What We Are

Celebrating what makes your child special builds self-esteem.

Take turns sharing positive words that describe your family.

<https://sesamestreetincommunities.org/activities/what-i-am/>



READ TOGETHER

What We're All About

When you talk about what makes you a loving family, you strengthen your connection to each other.

Take turns answering the questions in this book.

<https://sesamestreetincommunities.org/activities/what-were-all-about-storybook/>



PLAY TOGETHER

The "I Can" Flower

Help boost children's confidence by reminding them of all the things they can do.

Sit, talk, and color together.

<https://sesamestreetincommunities.org/activities/i-can-flower-provider/>

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!



Mindful Parenting

Children are learning to express their emotions. They don't yet have the tools to talk about their feelings and this can lead to big frustration and bigger meltdowns.

As parents and caregivers, it's your job to be supportive even when children are expressing big emotions. This will help them manage their reactions and allow them to feel safe when confronting scary feelings. But remaining calm can be a tricky task. Consider these ideas:

- If you feel yourself getting stressed and overwhelmed, try to remain present in the moment. Notice what you see around you. What do you hear? What sensations do you feel in your body?
- Take a minute to be aware of your feelings. If you feel too stressed and overwhelmed to help your child through a big emotion, it's okay to take a moment to step away. Let your child know, "I'm having big feelings too. I'm going to go stand in that corner and take ten deep breaths. That will help me to calm down so that I can help you."
- Remind yourself that you're good enough. Sometimes just getting through the day is a major feat. Be kind to yourself. You can't be at your best everyday. It's okay to fail big sometimes.
- Find your "happy place." It may sound silly, but it can help to think of a happy memory or imagine a peaceful location.



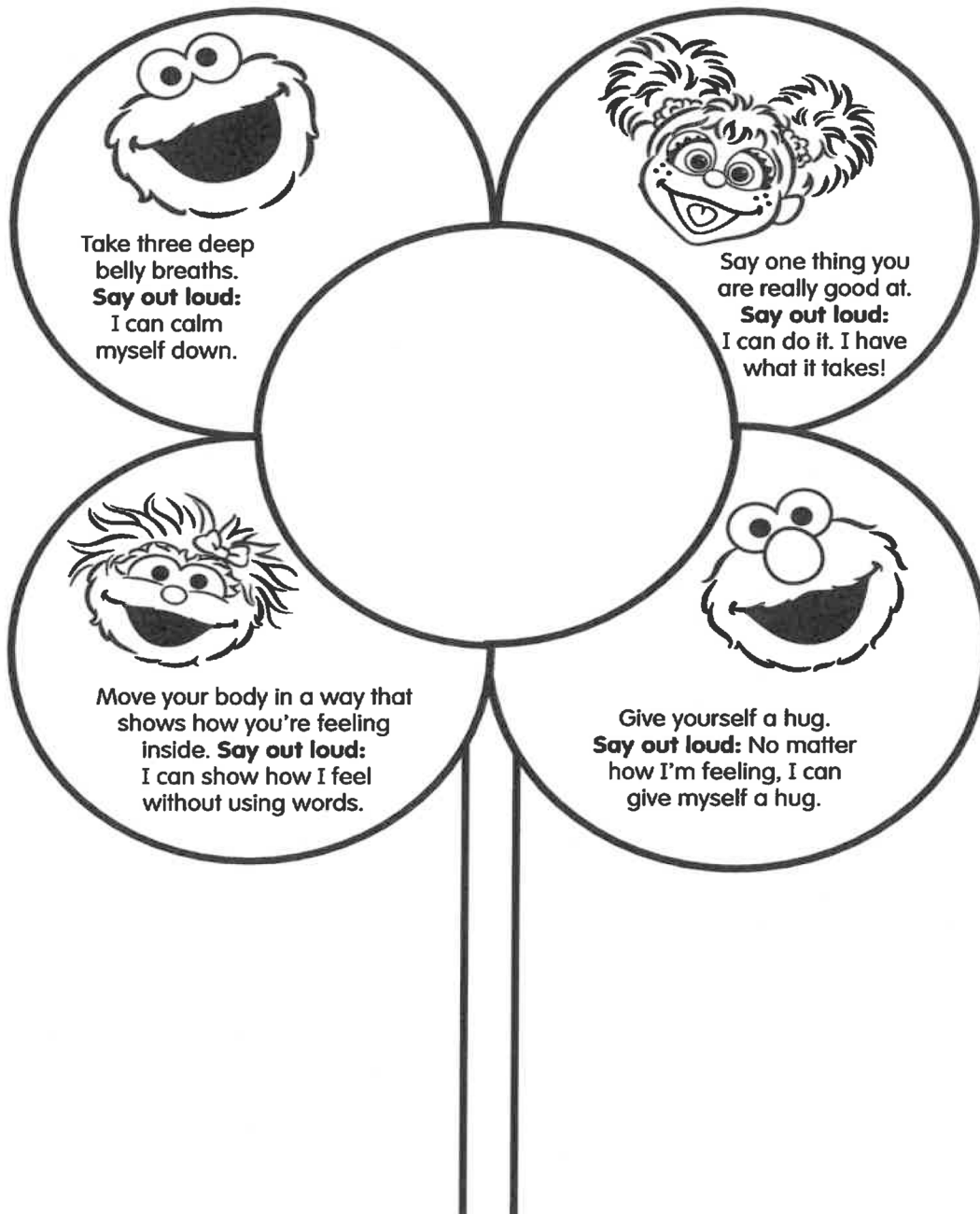
The "I Can" Flower

KIDS:

At the center of the flower, draw your face. Then choose a petal. Do what it says, then color it in.





















GROWN-UPS:

Along the stalk, write words that describe things the child can do (draw, be kind, ask for help, jump, and so on). Display the completed flower.



Our Family Review: Session 2, I Am Special

What did you think of this session's materials?

	Thumbs up	Thumbs Down	Two Thumbs Up	Haven't Tried Yet
Parent Reading: Mindful Parenting				
Video: Give Yourself a Hug				
Video: What I Am				
Book: What We're All About (Digital)				
Activity: The "I Can" Flower				

Our FAVORITE Sesame Strong resource this session was:

Because... _____

Our LEAST FAVORITE Sesame Strong resource this session was:

Because... _____

