



Hello Sesame Strong Family,

Here is your Sesame Strong Playlist for **Session 3: The People Who Care for Me.**

This Session's Big Idea:

Caring adults need care too. Take time to care for yourself.

Me Time



Taking Care of Yourself

You'll be better able to help kids cope with difficult emotions if you're also taking good care of yourself.

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

<https://sesamestreetincommunities.org/activities/taking-care-feelings/>

Together Time



EXPLORE TOGETHER

Finding Comfort with Family and Friends

We all get comfort from familiar people and special things.

Listen to the song together. Then talk about the people who care and are there to help your child: family, friends, teachers, doctors...

<https://sesamestreetincommunities.org/activities/finding-comfort-family-friends/>



EXPLORE TOGETHER

Hooray for Hands

We hold hands to stick together, stay safe, show love, and help each other.

Talk about ways you use your hands to show kindness.

<https://sesamestreetincommunities.org/activities/hooray-for-hands-provider/>



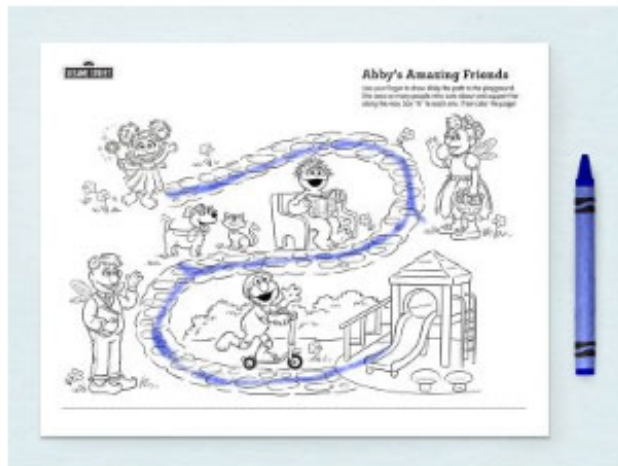
READ TOGETHER

Furry, Fuzzy Hugs

Nurturing touch helps children feel safe and loved. It helps brain development, too!

Cuddle up and click through the story together.

<https://sesamestreetincommunities.org/activities/furry-fuzzy-hugs-storybook/>



PLAY TOGETHER

Abby's Amazing Friends

Children thrive when they know they're surrounded by people who support and care for them.

Sit, talk, and color together.

<https://sesamestreetincommunities.org/activities/furry-fuzzy-hugs-storybook/>

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!



Taking Care of Yourself

Taking care of kids, who naturally have big feelings and need lots of adult support to manage them, can be hard work! It's important to take time to refresh and refuel. Try some of these tips:

Reach out to trusted friends, family, and community organizations. Ask for help when you need it. To reduce stress, make a list of family and friends who can help you in a tough time. Include their contact information and times they are free to help out.

Take time for yourself every day. It can be as small as three deep breaths in between making dinner and putting kids to bed. If you have more time, try reading a book, magazine or blog, listening to a favorite song, going for a walk, calling a friend, taking a bath, writing thoughts and feelings in a journal, or thinking about a happy memory.

Practice patience and persistence and model these behaviors for children to see. Let children see you trying after you fail, taking a deep breath when you are frustrated, and coming up with a new plan when your plan does not work.

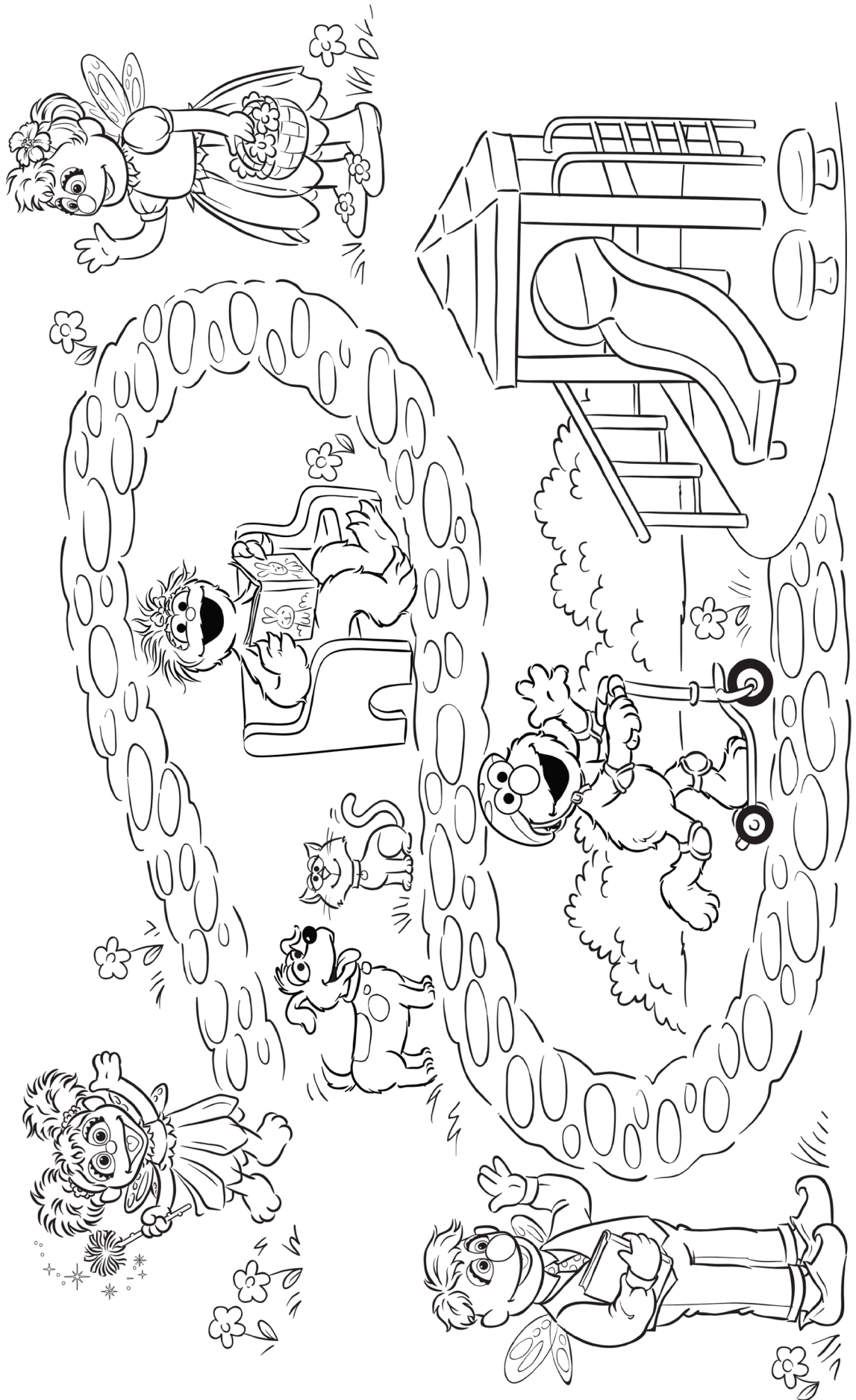
Remind yourself of these important things:

- You are not alone. Many people are in similar situations.
- There's help out there, and it's okay to ask for it.
- It's normal to have a lot of different feelings.
- You don't have to be perfect.
- Celebrate the gifts in your life and all successes, no matter how small.























Abby's Amazing Friends

Use your finger to show Abby the path to the playground. She sees so many people who care about and support her along the way. Say "hi" to each one. Then color the page!



Our Family Review: Session 3, The People Who Care for Me

What did you think of this session's materials?

	Thumbs up	Thumbs Down	Two Thumbs Up	Haven't Tried Yet
Parent Reading: Taking Care of Yourself				
Video: Finding Comfort with Family and Friends				
Video: Hooray for Hands				
Book: Furry, Fuzzy, Hugs (Digital)				
Activity: Abby's Amazing Friends				

Our FAVORITE Sesame Strong resource this session was:

Because... _____

Our LEAST FAVORITE Sesame Strong resource this session was:

Because... _____

