





“Everyday Challenges” Mini-Session

- **Start with a Mindfulness Moment.**
- **Collect Session 4 Family Review:** How did the Sesame Strong activities go last session? What was your favorite resource? Any challenges? Questions?
- **Share this session’s Big Idea (the “why”):** Learning how to cope with frustration helps children overcome obstacles.



Strategy Spotlight (the “how”): Self-talk.

- **Review this session’s resources:**

	Play List		Main Message	Co-Engage Tip
ME TIME	Parent Reading	Patience & Persistence (article)	Frustration is a powerful emotion. There are strategies that can help children work through it.	As you read, underline tips or points that you’d like to remember.
TOGETHER TIME	Explore Together	Elmo Doesn’t Give Up! (video)	Help kids discover the power of “yet”!	Learning new things can be frustrating. Remind your child of something she/he can do now that took practice.
		Don’t Give Up! (video)	Just like catching a ball, patience and persistence are skills kids can learn with practice.	Sing along! What new thing are you learning to do? Celebrate the small steps and the effort.
	Read Together	An Act-Along Story (printable)	Children can build emotional vocabulary and practice ways to calm down as they act out this story.	Stand up and move along to the words in this story. How does Elmo solve his problem?
	Play Together	Good Morning, Superhero! (activity) 	Sometimes we have to find strength from inside.	Model self-talk as you draw and color together. <i>When I’m frustrated and want to give up, I say to myself, “I believe in myself! I can do this!”</i>

FRIENDLY REMINDERS:

Questions are always welcome. Share with parents the best way to contact you with questions. Review the date/time for your next mini-session and remind families to bring in their review. Thank parents for their partnership and participation.

