




## “Helping Hands” Mini-Session

- **Start with a Mindfulness Moment.**
- **Collect Session 6 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”):** Comfort from a caring grown-up can help children feel calm and protected.



**Strategy Spotlight (the “how”):** Talk with grown-ups.

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

	Play List		Main Message	Co-Engage Tip
ME TIME	Parent Reading	<b>Comfort Strategies</b> (article)	During tough times, grown-ups can help create a calm, familiar environment and build children’s sense of security.	As you read, underline tips or points that you’d like to remember.
TOGETHER TIME	Explore Together	<b>Offering Comfort</b> (video)	Comfort and love can help children through everyday ups and downs, and bigger life events.	Reassure your child that you are there to love and help them no matter what. Then show it with a hug.
		<b>Comfy, Cozy Nest</b> (video)	When children learn to imagine their own “safe places,” they have a powerful coping strategy to use whenever they need it.	Alan notices Big Bird is having a hard time. How does he show Big Bird he cares and is listening?
	Read Together	<b>Comfy, Cozy Nest</b> (printed) 	Imagining a safe space inside can help calm big feelings.	Cuddle up and read the story together. What would you imagine in your safe place?
	Play Together	<b>Comfy, Cozy Nest</b> (digital game)	By “helping” Big Bird practice an important coping strategy, children can explore and rehearse it themselves.	Play this together when your child needs calming down, or anytime. Ask “What were some of the things you helped Big Bird do?”
	Play Together	<b>Color Big Bird’s Nest</b> (activity)	A wordless activity like coloring can help reduce stress for children and grown-ups.	Sit quietly together, and color.

**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.

