




“Growing & Knowing” Mini-Session

- **Start with a Mindfulness Moment.**
- **Collect Session 7 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”):** You can make little moments count.



Strategy Spotlight (the “how”): Engage together.

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

	Play List		Main Message	Co-Engage Tip
ME TIME	Parent Reading	The Most Important Factor (article)	Each of your loving actions has a positive impact on your child’s development.	As you read, underline tips or points that you’d like to remember.
TOGETHER TIME	Explore Together	You Matter Most (video)	You make a big difference in your child’s life. That’s something to celebrate!	Talk about how you’ve spent time together being Sesame Strong. What have you enjoyed the most?
		Building Self-Esteem (video)	Children build strong relationships when they appreciate themselves and others.	Watch together. Then take turns sharing something you like about yourself. What are you proud of?
	Read Together	Hugs All Around (printable)	Hugs show someone you love that they are safe and cared for.	Showing kindness can be as simple as giving a big hug! Who do you know that gives good hugs?
	Play Together	Thankful Hearts (activity) 	Gratitude builds appreciation for all the things to celebrate in life.	Work together to write or draw on the hearts. What are you thankful for?

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.

