

SESAME WORKSHOP

Welcome Sesame

A Guide for Families Affected by Crisis and Displacement



Welcome Sesame

Introduction

When children and grown-ups experience moments that feel scary or threatening, their minds can go into “flight, fight, or freeze” mode. This is our brain’s way of trying to protect us.

Families affected by crisis may experience many moments like this, and their most stabilizing force is relationships with supportive adults like you. Your caring presence can help them feel calm, and the strategies you share can help them work through these moments. Whether you have several days or just a few minutes to connect with them, you can help families situate their experiences—both good and bad—into the broader context of their lives. You can also help them acknowledge, discover, and leverage their strengths every step of the way.

The resources and activities in this guide are designed to build on families’ resilience by teaching ways to navigate transitions while maintaining a hopeful perspective. The key messages acknowledge the many big feelings that come with significant changes, while reminding families that they have strength, fortitude, and courage.

Table of Contents

Introduction	1
1. A Welcome from Sesame Street Friends	3
2. Coping with Traumatic Events... ..	8
3. Coping with Big Changes	13
4. Learning New Things	18
5. Celebrating Who We Are	21
6. Belonging	28
Optional: Watch and Learn Video Playlist	36

How to Use This Guide

In this guide you will find information for adult caregivers and volunteers, as well as activities for children. We recommend reading the article for adults first, this can be done individually or as part of a group discussion. Each article suggests strategies and language that adult caregivers and volunteers can use to help their family cope with the changes they are experiencing. The activities for children suggest simple ways adults can engage children with these strategies in a fun, playful way. You can do these activities with children in a group setting or at home, individually. All of these resources are intended to be tools for you, available when you need them, to be used as you want. Do not feel that you must accomplish or finish everything in this guide. You can always come back to it when you are ready.

Resources included in this Guide:



Articles

Articles for adult caregivers.



Printed activities and at-home activities for kids

Activities such as worksheets, coloring pages and instructions for simple play-based activities at home.



Storybooks

Comic-book style books that you can read with your children at home. These books can also be read before doing some of the suggested activities or as inspiration for discussion with your children.



Optional: Video playlist

Videos that show Sesame Street characters using the same strategies and information from the articles and activities. Watching these videos with your children and discussing and connecting them to your own life will help to enhance their learning.

1. A Welcome from Sesame Street Friends

It's okay to feel sad or mad about what's happened, and unsure about what's to come—change and challenge may continue to be a part of your family's story.

It's important to remember that you are not alone. We're here to help you recognize and build on your strengths, to learn new skills, and to help you and your children heal, cope, and thrive in the future. Our furry, friendly Muppets can help you talk with your young children and may even make very difficult conversations a little bit easier.



REMEMBER

As you explore these resources, know that safety, security, and comfort are your priorities. It's okay to focus on just making sure you and your children feel safe and calm. In those moments, a deep breath may be all you need (or, sometimes, all you can do). If you still feel stressed, it's okay to take your time and come back when you're ready.

Article for Adults: Offering Comfort

During tough times and stressful situations, children may feel as if their world has been turned upside down. As a caring grown-up, you can help children feel calmer. First, ensure that everyone is safe. Then, focus on calming your bodies.

These strategies can help:

- **Take a deep breath.** Inhale through your nose and exhale out of your mouth, slowly, three to five times.
- **Count to five.** Counting can help children shift their focus away from the stress of a situation and back to the present moment. Count slowly together.
- **Tighten and relax.** Encourage children to purposely tense up and relax different parts of their bodies. They might raise their shoulders up toward their ears, then draw them down and back, standing tall (then repeat).

When you feel more calm, or when the situation is less intense, you can...



Provide Reassurance

Let children know it's okay to have many different feelings, and that they can always talk to a parent or another trusted grown-up about what they're thinking and feeling. Saying "I get scared/worried sometimes too" can help them feel understood and reassure them that they're not alone.



Stick to Routines

There's comfort in the familiar! Choosing at least one simple daily routine that children can look forward to, such as singing the same lullaby at night, can give them a sense of security.



Cultivate Confidence

Uncertainty can leave children feeling uncertain about themselves, too. You can help them remember the things that make them special. Together, make a list of positive statements about themselves and invite them to choose one and repeat it throughout the day.



ON THE NEXT PAGE: ACTIVITY FOR CHILDREN

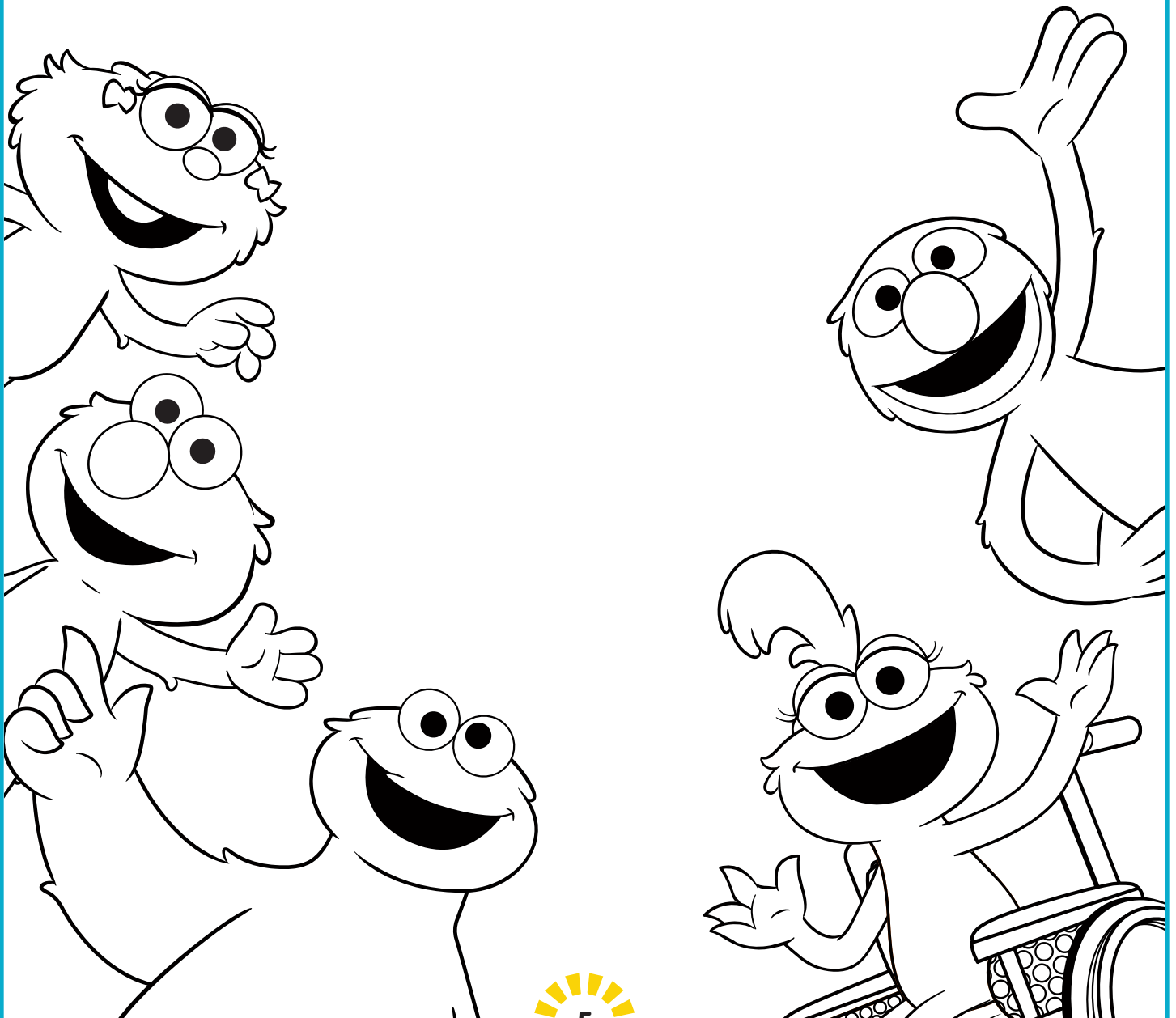
Activity 1: Coloring page

It may sound simple (or silly!), but coloring can help reduce stress for both children and adults. And coloring together can help you communicate important ideas to your children without saying a word:

- We are on the same team.
- We can have a good time together.
- I am here with you.
- I am listening.
- I am interested in you.
- We can share feelings.
- We can make something beautiful, even when the world around us feels scary and different.

Children can also draw themselves into the picture next to the Sesame friends.

Creative self-expression can be a great way to show how you feel, using no words at all.



Activity 2: Calm-Down Role Play

Here are six strategies children can use to calm down and relieve stress when they're feeling upset:



1. Belly-Breathe

Put your hands on your belly and say "stop."
Take a deep, slow breath in through your nose while expanding your belly, then out through your mouth while letting your belly deflate.



4. Draw it out

Draw a picture of how you feel. Think about the color, shape, and texture of your feeling.



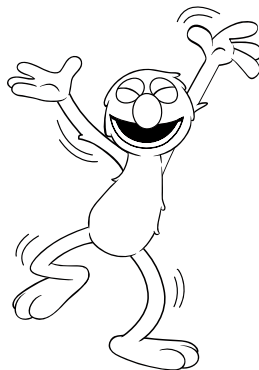
2. Count to five

Take deep breaths while counting slowly from 1 to 5.



5. Ask for help

Talk to a trusted adult about how you feel.
Ask for help and support.



3. Move it out

Let your feelings out through physical movement: shake your hands, stomp your feet, and dance around to express how you feel.



6. Make a plan

First identify your goal.
Next, identify the steps you need to take to get to your goal.

Act out different scenarios when children get upset, and then role-play one of the strategies to calm down. To start with, you can choose sillier scenarios ("Oh no! My magic carpet won't fly!") to lighten the mood and then act out some real child-appropriate situations ("I can't find the favorite toy I brought from home!") where they might need to use a calming strategy.

Activity 3: Compliments Game

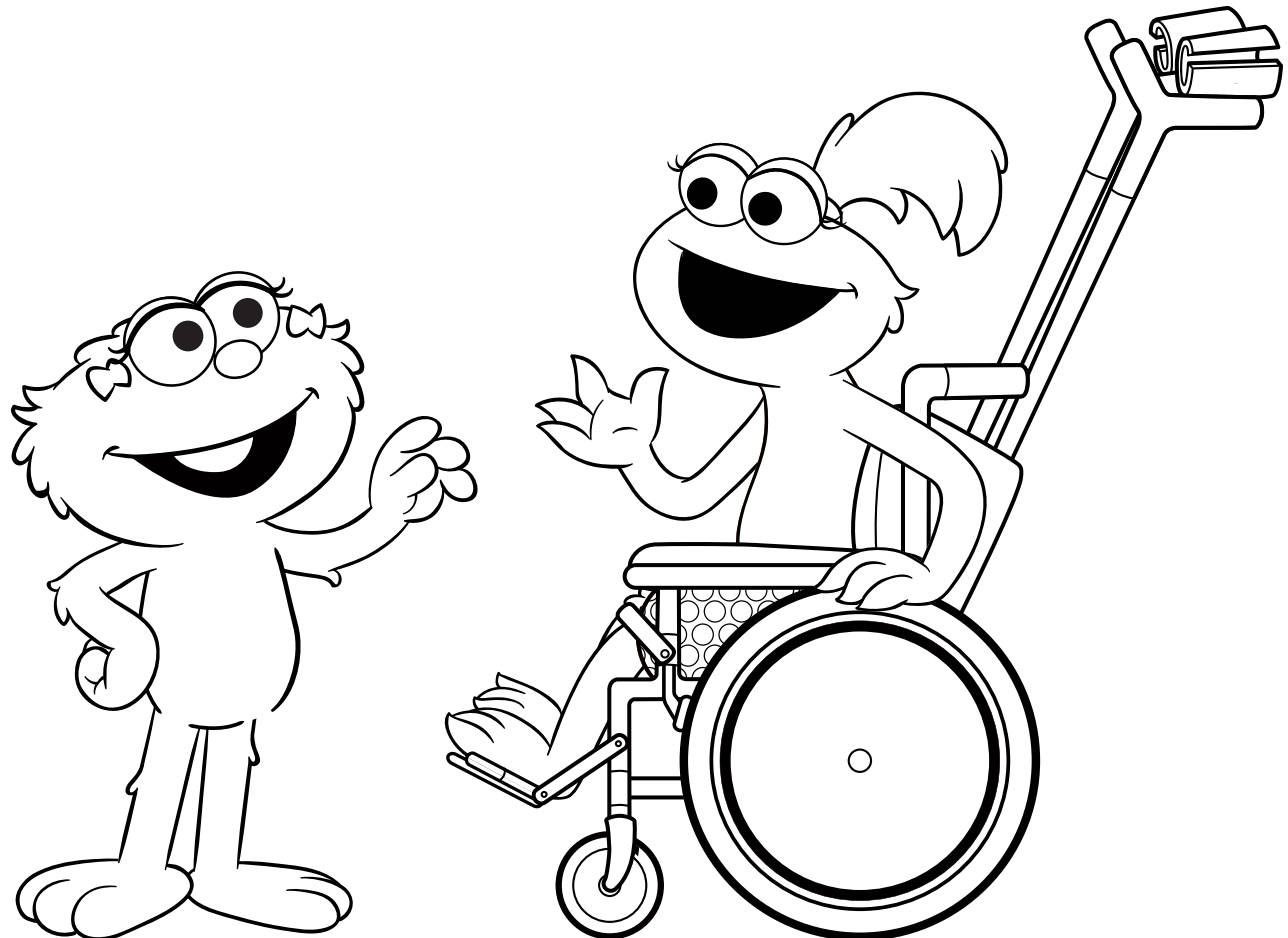
Building children’s self-confidence can help them cope with big changes. You can encourage children to play the “compliments game” as a group or individually, by asking them to notice a positive behavior or quality in themselves or in others, and sharing it out loud.

If you’re in a group

If you are in a group, you can start by pairing up and asking each partner to share a compliment about the other. As the children become familiar with each other, you can go around the group in a circle, sharing the compliments with everyone.

If you’re at home

If you are at home, you can share compliments about family members, and encourage children to think of one compliment for themselves each day. For example, “I love that I am kind to my friends,” or “I love how helpful you are with cleaning up after a meal.”



2. Coping with Traumatic Events

Trauma—the physical and emotional responses of a child to events that threaten their lives or the physical or emotional wellness of themselves or of someone critically important to them—can have lasting effects.

But caring adults hold so much restorative power in their hands. You can help children learn coping strategies—or ways to feel better—that can help lessen the negative effects of trauma.

Here are a few ideas to help you and your child cope with difficult or traumatic situations. Many of these strategies can be done any time, any place. You may need to try a few strategies to find out what works well for you. Remember that each person is different; what helps you feel better may be different than what helps your child.



 **REMEMBER**

As you explore these resources, know that safety, security, and comfort are your priorities. It's okay to focus on just making sure you and your children feel safe and calm. In those moments, a deep breath may be all you need (or, sometimes, all you can do). If you still feel stressed, it's okay to take your time and come back when you're ready.

Article for Parents: Practicing Comfort Strategies

When our brains might be preoccupied by big feelings like fear, anxiety, or anger, simple techniques and nonverbal activities can help children and adults get “unstuck.” Practice these strategies with young children (remember, they work for grown-ups, too!), then talk about other ways you can feel calm, safe, and comforted.

Breathe

Paying attention to our breath helps us come back to the present moment, and it can be done anytime, anywhere. Take three deep breaths—slowly in through your nose, and slowly out through your mouth—and feel your belly rise and fall.

Move your body

Sometimes our feelings are too big for words. Invite children to express their feelings with their body. They could jump up and down, reach up high, squeeze into a tight ball, run very fast, or dance to an uplifting song.

Draw your feelings

Children can express their feelings through art. You might ask them to draw what made them sad (or mad, or happy!), or to explore the feeling itself (“What color is your sadness?” “What shape is it?”). These questions can help children learn about their emotions and feel comfortable talking about them.

Keep a journal

Offer children their own notebook. They can write or draw anything in it—what happened during the day, a made-up story, a poem—the act of writing can help them sort their thoughts and make sense of new information. If children are not yet writing on their own, they can tell their thoughts to you, and you can write them down.

Snuggle a comfort object

Having something familiar to keep through changes, such as a blanket, a piece of clothing with their favorite color, or a stuffed animal, can give children a sense of security.



 ON THE NEXT PAGE: ACTIVITY FOR CHILDREN

Activity 1: Walk and Talk

In this activity, families take a “walking tour” with their child, noticing room and using them to spark conversations.

FIRST, begin a discussion:

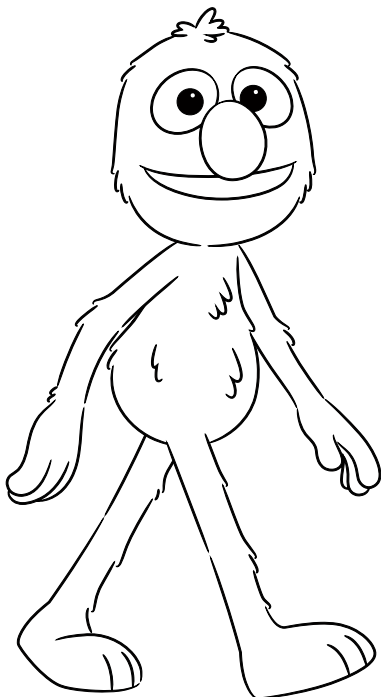
- Ask parents, caregivers, and volunteers, “What do you think your child means when looks at or points to something? Why might she be pointing?” (It’s a way of showing interest and wanting to share the experience, or maybe she wants more information about something.)
- Once participants have shared their ideas, note: “It’s great to follow your child’s lead as a starting place for teaching and learning. It’s wonderful when you’re in tune with their interests; it helps their overall development.”

NEXT, invite parents, caregivers, and volunteers to walk around the room examining their surroundings, allowing children to guide the walk. Tell them they are literally “following” children’s interests!

- Encourage adults to ask guiding questions, using the five senses as a framework: “What does that feel like? Is it soft or hard? What color is that? What noise does that animal make?”
- They can also “play narrator” and make comments on what the child is observing: “Oh, I think blue might be your favorite color”; “That is a very thick book!”
- If the child is a baby, suggest that parents hold the child at eye level to the things they are talking about, use pointing to gesture, and put their faces to their babies’ faces, speaking slowly and softly and making eye contact.

LAST, regroup and ask families about other everyday moments:

- “What are some routines in which you might have conversations like this with your child?”
- Point out the importance of simply narrating everyday activities, responding to coos and babbling, and repeating what children have said.
- Say, “Let’s brainstorm other ways to use language to explore with your child at home.”
- Conclude by saying, “So having a language-rich conversation is like tossing a ball back and forth, responding to each other, and keeping the conversation going for as long as possible, while using many different kinds of words.”



Activity 2: Feelings Scale

This image helps your child recognize the names of different feelings. You can play a game together of emulating feelings in front of a mirror and also mix this with other fun activities, such as:

- Ask him to imitate the pictures one by one as he looks at himself in the mirror.
- Name each of the feelings when your child imitates them and ask him to repeat the name.
- Ask him to remember a time he felt different feelings, and describe why he felt that way.
- Ask your child in which part of his body he felt the feeling. What did it feel like?
- Reverse the game—imitate the pictures and ask your child to guess the name of the feeling you are imitating.
- Name a feeling and ask your child to imitate it without looking at the picture.
- Ask your child to choose how he feels now, and to describe to what degree he is feeling it.
- If you have more than one child, ask them to play these games together.



Activity 3: Let It Out, Get It Out Moves

In this activity you will lead a simple exercise that shows children ways they can use their bodies to calm themselves and cope with difficult feelings. The purpose of this activity is to teach some physical calm-down and coping tools while getting children to move their bodies, listen to directions, and follow through. As you chant, use your hands and feet to clap and stomp a simple beat to create a rhythm for the movement.

At the end of the activity, ask your child how the activity made them feel. Do they feel as sad as they did before the exercise?

When I'm sad, it helps to Let (clap) it (clap) out (clap).

When I'm sad, it helps to Get (stomp) it (stomp) out (stomp).



I CRY it out. (Make a crying face with arms bent with hands pointing to eyes)

I take a DEEP breath in and out. (Show a deep breath through the nose, with hands on your belly, breathing out through your mouth, do this 3 times)



When I'm sad, it helps to Let (clap) it (clap) out (clap).

When I'm sad, it helps to Get (stomp) it (stomp) out (stomp).

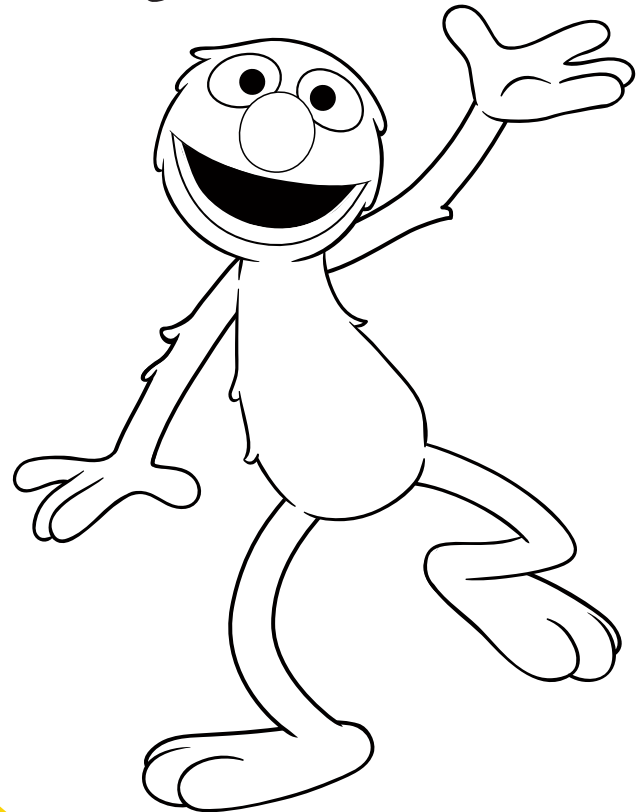


I wrap my arms around myself and SQUEEZE it out.

(Wrap your arms around yourself to your back and squeeze tight with eyes closed).

I SPEAK it out "I AM SAD" (Put your hands around your mouth to mimic shouting, say the words clearly and calmly to a person close to you).

When I'm sad, it helps to Let (clap) it (clap) out (clap).



3. Coping with Big Changes

Even very small transitions, such as getting ready to leave the house, can be difficult for young children, because they are experiencing so many new things all around! It's no wonder that more significant changes like resettling can be overwhelming for little ones.

A change like this will likely mean navigating big feelings. Embracing a sense of family togetherness can help you get through the hard moments of this process with more confidence. The resources in this packet offer a few simple strategies that may help your family feel more secure and united in the midst of big changes.



REMEMBER

As you explore these resources, know that safety, security, and comfort are your priorities. It's okay to focus on just making sure you and your children feel safe and calm. In those moments, a deep breath may be all you need (or, sometimes, all you can do). If you still feel stressed, it's okay to take your time and come back when you're ready.

Article for Adults: Understanding and Explaining Change

Change is a part of life.

During big transitions, it may help to remember that change is a natural part of life. You might talk with children about things that change, and how those changes are good or helpful:

- When a plant grows from a seed, we see that change can be beautiful.
- When the seasons change throughout the year, we can enjoy new things, such as playing outside in warm weather or wearing heavier clothes in cold weather.

Then, talk about some changes you've experienced or may experience soon. What good things happened (even very small ones)? What are you looking forward to? For example – you made new friends. You learned something new. You saw a new place.

Grief is a part of change.

Feelings of grief—including sadness, anger, and confusion—are natural when things change. You may be mourning the loss of your home, routines, familiar places and things, or the death of a loved one. It's normal to feel sad or mad about what's happened, and unsure about what might happen in the future.

Every member of the family grieves differently and at their own pace. Grief may go away briefly, return, and then go away again. Even when children seem okay, you can remind them that...

- It's okay to feel big feelings, and even different feelings at the same time.
- We can miss how things used to be, and enjoy life now.
- It's okay to feel joyful when something good happens or to laugh when something is funny.
- When we do feel sad, mad, or anxious, there are things we can do to help ourselves feel better.



What Changes? What Stays the Same?

It can be comforting to remember that not everything changes. Remind children that even though many things have changed and will continue to change, some things will always stay the same:

- I am still me.
- We are still together.
- We can still laugh and smile together.
- We can still dream of the future.

There are routines that can stay the same, too—you can say hello and goodnight to your family and you can tell your family that you love them.



ON THE NEXT PAGE: ACTIVITY FOR CHILDREN

Activity 1: Coloring Sheet

It may sound simple (or silly!), but coloring can help reduce stress for both children and adults. And coloring together can help you communicate important ideas to your children without saying a word:

- We are on the same team.
- We can have a good time together.
- I am here with you.
- I am listening.
- I am interested in you.
- We can share feelings.
- We can make something beautiful, even when the world around us feels scary and different.

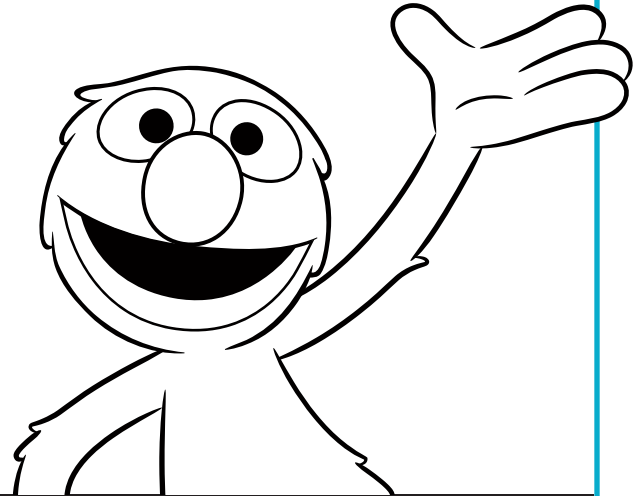
Children can also draw themselves into the picture next to the Sesame friends. Creative self-expression can be a great way to show how you feel, using no words at all.



Activity 2: My Daily Routine

Routines can offer comfort and security during times of change. Try to incorporate as much structure and routine into your child’s day as you can (a wake up, dress, and eat routine; a good-morning routine at school; bedtime routine including a familiar lullaby, etc.).

Visualizing the daily routine can help remind children of their schedule and anticipate transitions. Talk through the daily routine and divide the day into 1–3 “sections” (e.g. morning, afternoon, evening). Ask children to think of 1–3 “steps” of the routine for each part of the day. You can write out the steps and ask children to draw pictures that will help them recognize and remember what they need to do. Incorporate the daily-routine chart into your day as you point out next steps and ask children what they need to do next.



My Daily Routine

Morning

Afternoon

Evening

4. Learning New Things

Big changes often involve lots of learning. Children and adults will need to learn new routines, languages, and rules, and environments, among other things.

So much learning may feel overwhelming, but knowing that they are good learners can build young children's confidence. And learning new things together can help families forge unique bonds that can help them through future challenges.

Learning can happen anytime, anywhere—and the resources in this packet can help you get started right away...playfully!



REMEMBER

As you explore these resources, know that safety, security, and comfort are your priorities. It's okay to focus on just making sure you and your children feel safe and calm. In those moments, a deep breath may be all you need (or, sometimes, all you can do). If you still feel stressed, it's okay to take your time and come back when you're ready.

Article for Adults: Learning New Things

Children are natural learners, and in challenging times learning can be a source of comfort, hope, and even joy. A child's ability to learn is something that doesn't change even when life's circumstances do. The skills they learn can build confidence and remind them that they have so much to contribute to their community. Plus, sharing what they've learned with family or friends can spark conversations and strengthen relationships.

As a caring grown-up, you can help your child develop a love of learning simply by encouraging their curiosity, talking, and listening. Consider the ideas below.



Ask and Wonder

When we encourage children to approach the day (or any new situation) with curiosity, we help to build their resilience, too. Invite children to engage with the world around them like a scientist might, by asking questions: Who? What? Where? When? Why? How?

Remind children that it's okay to ask questions (and it's also okay for you to not have all the answers). Figuring things out can be a fun part of the process!



Look and Learn

As you go about your day, be on the lookout for letters, numbers, colors, and shapes, and point them out.



Rest and Remember

The quiet moments before bedtime are great moments to reflect on what children have learned during the day. Ask: "What surprised you?" "What was interesting?"

Then, before going to sleep, say these words together:

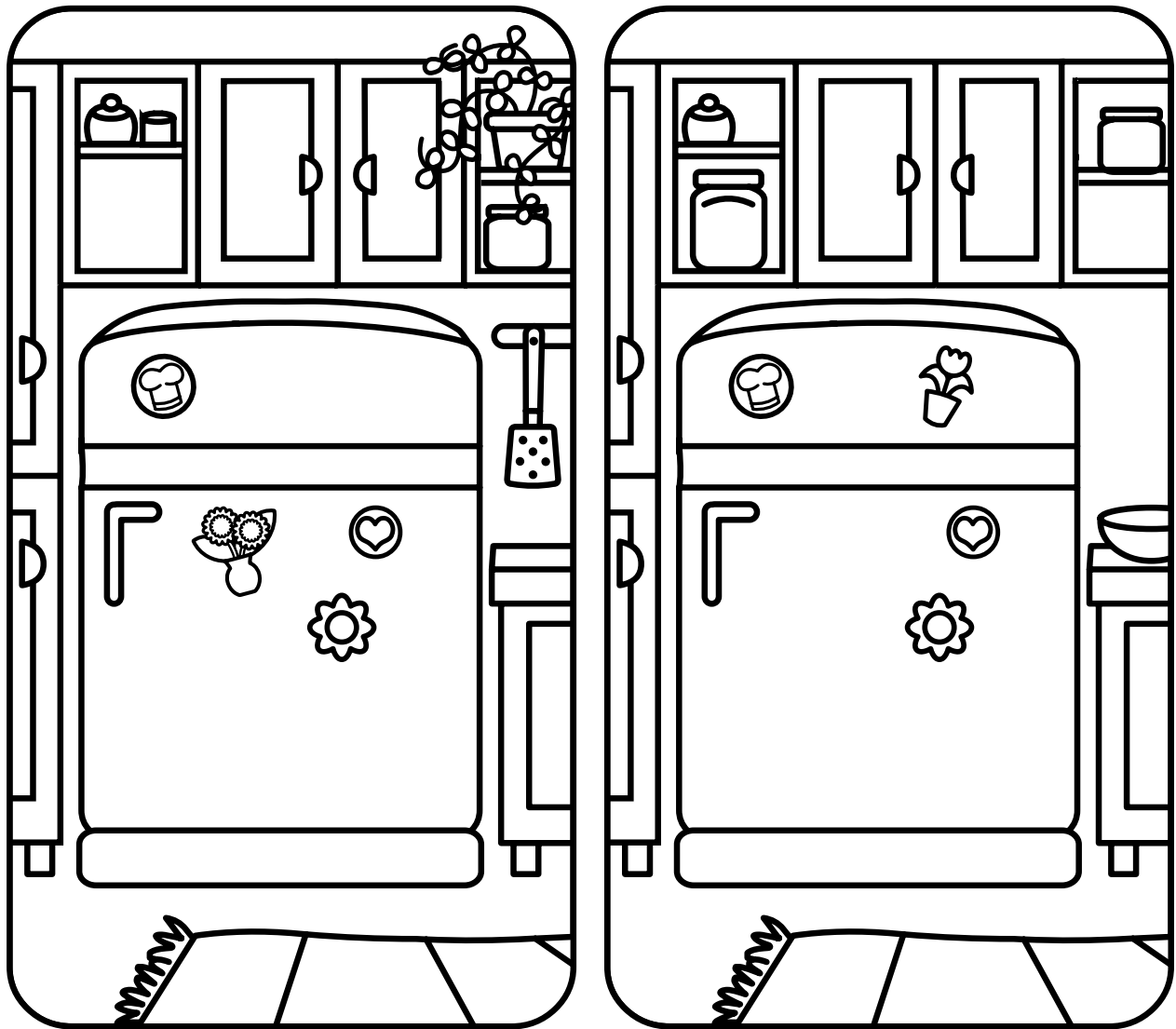
Even though many things have changed and may change, I am still me. I can learn new things. I am a learner, and no one can take that away from me.



ON THE NEXT PAGE: ACTIVITY FOR CHILDREN

Activity 1: Spot the Difference

Doing simple playful learning activities with you child can help reinforce a secure bond, which is particularly important in times of stress. Ask your children to spot the differences in these two images of a kitchen. Ask them to name and count each item that they found. After your child finds all the differences they can color in their favorite side.



5. Celebrating Who We Are

In challenging times, it's okay to feel mad and happy (or any contrasting feelings) even at the same time.

Looking for the good things in our lives—and in ourselves—can help us feel positive more often. These resources offer ways to help your child develop that skill, and build confidence along the way.



REMEMBER

As you explore these resources, know that safety, security, and comfort are your priorities. It's okay to focus on just making sure you and your children feel safe and calm. In those moments, a deep breath may be all you need (or, sometimes, all you can do). If you still feel stressed, it's okay to take your time and come back when you're ready.

Article for Parents: Building Confidence

Big transitions and changes can cause many feelings, including self-doubt, for your child. Developing an “I can do it” attitude can help your little one redirect his negative feelings and help him face challenges with more optimism.

The playful ideas below can help boost children’s confidence. Try these ideas when you and your family are feeling somewhat calm. When times feel more stressful, taking a deep breath or standing tall and still can help children feel connected to themselves and the present moment.

I Can Do It...Can You?

One positive thing about big changes is that you get to learn many new things, every day. Learning new skills can help us all develop confidence!

Try this little game with your child:

1. Say and show something you can do, such as jumping on one foot, throwing a ball, or drawing letters and numbers.
2. Then invite them to give it a try. Say, “I can do it. Can you?”
3. Take turns to let your child show off their skills, too.
4. And finally, practice—and celebrate—often!

Accomplishments—big and small—add to a child’s sense of confidence that she can remember in tough times. Keep a list of all your child’s accomplishments and display the growing list in a place they can see every day.

Count to Five

Use your fingers to count to five. As you count, say something positive about your child, such as, “You are brave” or “You are helpful” or “You are kind to your siblings.” Invite them to do the same for you or another family member. Encouragement—from a caring adult or even from themselves—can help children feel confident.

 ON THE NEXT PAGE: ACTIVITY FOR CHILDREN

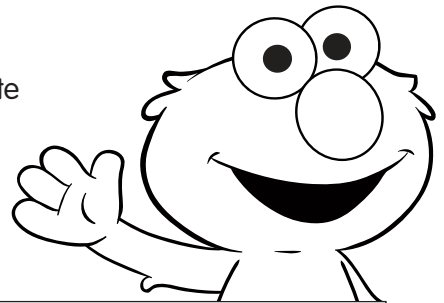


Activity 1: I Am Strong, I Can Change

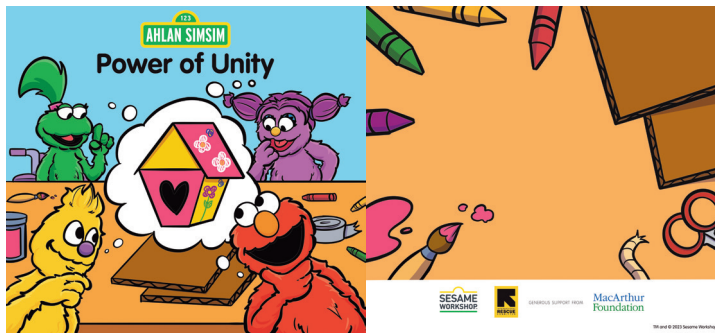
This activity is about exploring the positive, natural changes that children notice in the world around them and relating those to the changes they have experienced themselves, helping to build self-confidence about facing new challenges. First, talk about the natural changes we see on a regular basis and then connect these to the idea of resilience and growth. Say:

- “Today we are going to talk about changes. We see changes in the world around us every day. For example, the change of the darkness of night to the light of day.”
- “Can anyone think of other changes we see in our environment?” (e.g., seasons change, trees change, body changes as we grow, animals that change, etc.)”
- “Sometimes changes can be difficult, but we are strong enough to grow through change.”

Give your child a piece of paper and help them trace their hand. Ask them to think of five changes they have experienced and draw or write one on each finger (or write it for them if they are too small). End the activity by emphasizing how proud you are of them for growing and being strong through these changes.



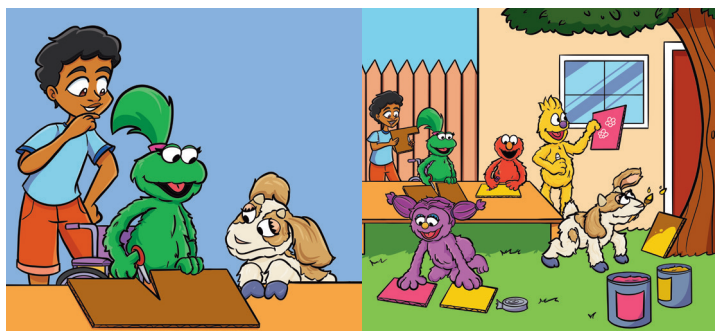
Storybook: Power of Unity



Power of Unity

Written by: Rania Turk

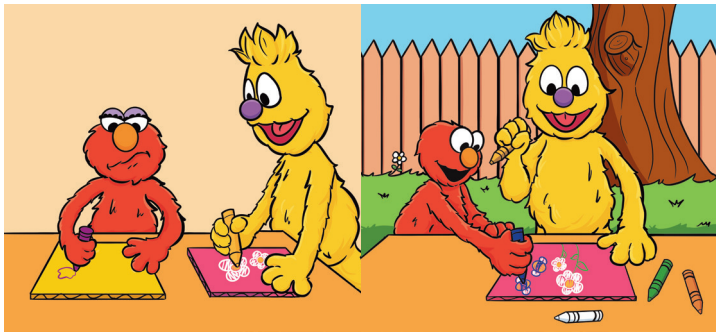
Illustrated by: Amy Diack



I can't use a pair of scissors yet!

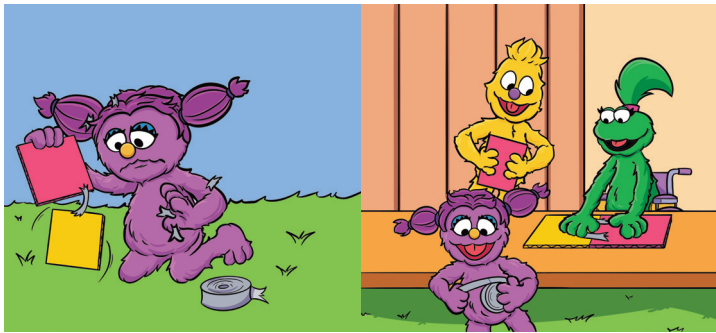
But, I can paint well using beautiful colors.

■ ■ Storybook: Power of Unity, Continued



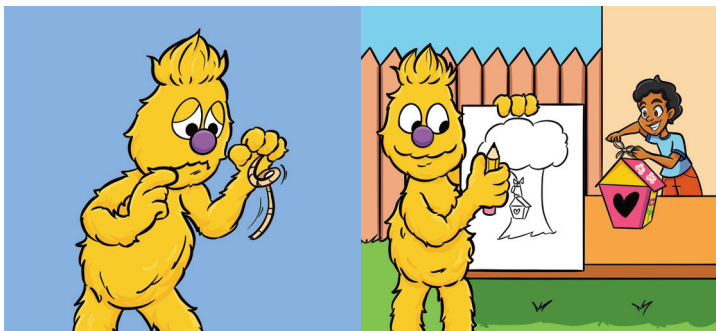
Elmo can't draw flowers clearly yet!

But, Elmo does know how to draw buzzing bees!



I can't stick these two pieces of cardboard together yet.

But, I can measure the right length of tape we need.



I can't tie a strong knot yet!

But, I can make a detailed plan for...

■ ■ Storybook: Power of Unity, Continued



... where to hang the birdhouse!



Even though there are some things
you can't do yet...

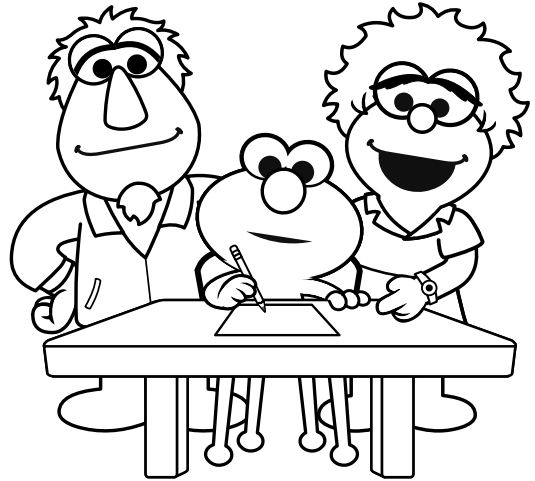
Just remember that with a little help,
patience, time and practice, you will
be able to do them.

**And you should be proud of what
you can do!**

Activity 2: Power of Unity

Power of Unity is a book that explores how each of us has strengths and new skills we are working on. We can each contribute something important *right now* and still work toward our goals of new skills. Together, we can accomplish great things together and support each other.

After reading this book with children, ask them to draw something they can already do well and that they can help others do too!



6. Belonging

Recovering after crisis is never easy, and the process will be filled with different transitions.

You and your family may live in a state of uncertainty for a long time, maybe calling a new place “home” for a while or moving from place to place often. When you can’t see where the road ahead leads, it can help to focus on what you can control, such as making sure that each member of your family feels safe, valued, and capable.

The resources in this packet offer ideas to boost your family’s sense of togetherness, curiosity, and confidence.



 **REMEMBER**

As you explore these resources, know that safety, security, and comfort are your priorities. It's okay to focus on just making sure you and your children feel safe and calm. In those moments, a deep breath may be all you need (or, sometimes, all you can do). If you still feel stressed, it's okay to take your time and come back when you're ready.

Article for Parents: Settling In and Reaching Out

Establishing a sense of belonging in your new or “for-now” community will take time. Small, consistent steps can help. Consider these ideas:

Settling in

Before going out into your new community, do what you can to make your new or “for now” home feel comfortable, and invite children to help you.

- Together, you might choose where to put special items or family pictures (or you can draw pictures or write words of encouragement to display).
- Maintain family routines or try creating new traditions to celebrate being in a different place together. For example, at dinner, take turns describing the good moments from your day.
- Remind your children that your family is a team and you each have a special role to play. Talk about how you can help each other each day.
- Be patient if children are sad or behaving differently than usual, such as clinging to you or being resistant at bedtime. Over time, with your love and support, you can help them learn how to thrive in their new environment.

Reaching out

- Encourage him/her to speak with confidence and to have patience for others.

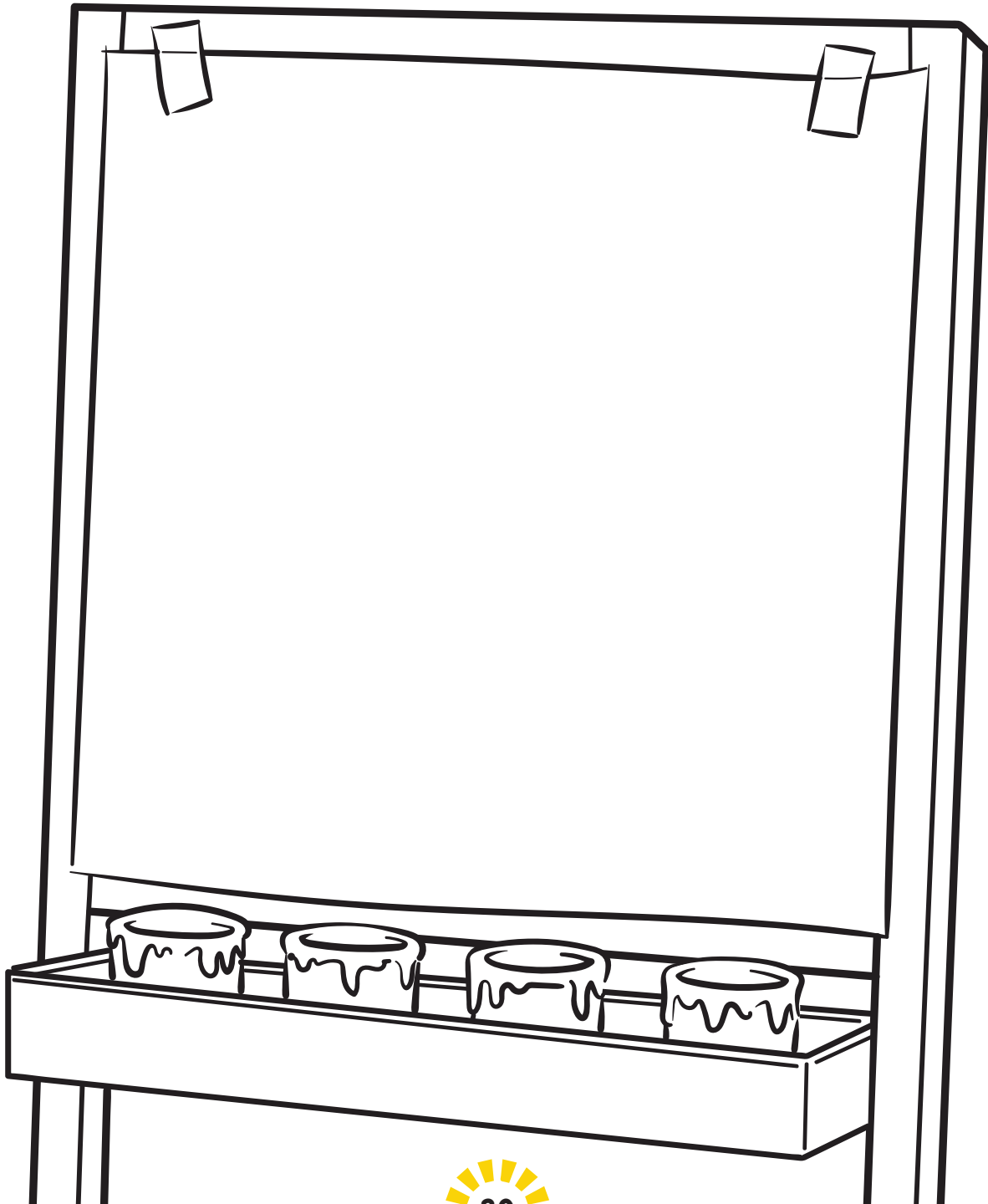
It’s normal to feel nervous, and it’s natural to make mistakes! The most important thing is to keep trying. Remember that you can lead by example. When you reach out (to ask for help, or just to say hello), you model persistence, optimism and perseverance.



 ON THE NEXT PAGE: ACTIVITY FOR CHILDREN

Activity 1: Make a New Home Book

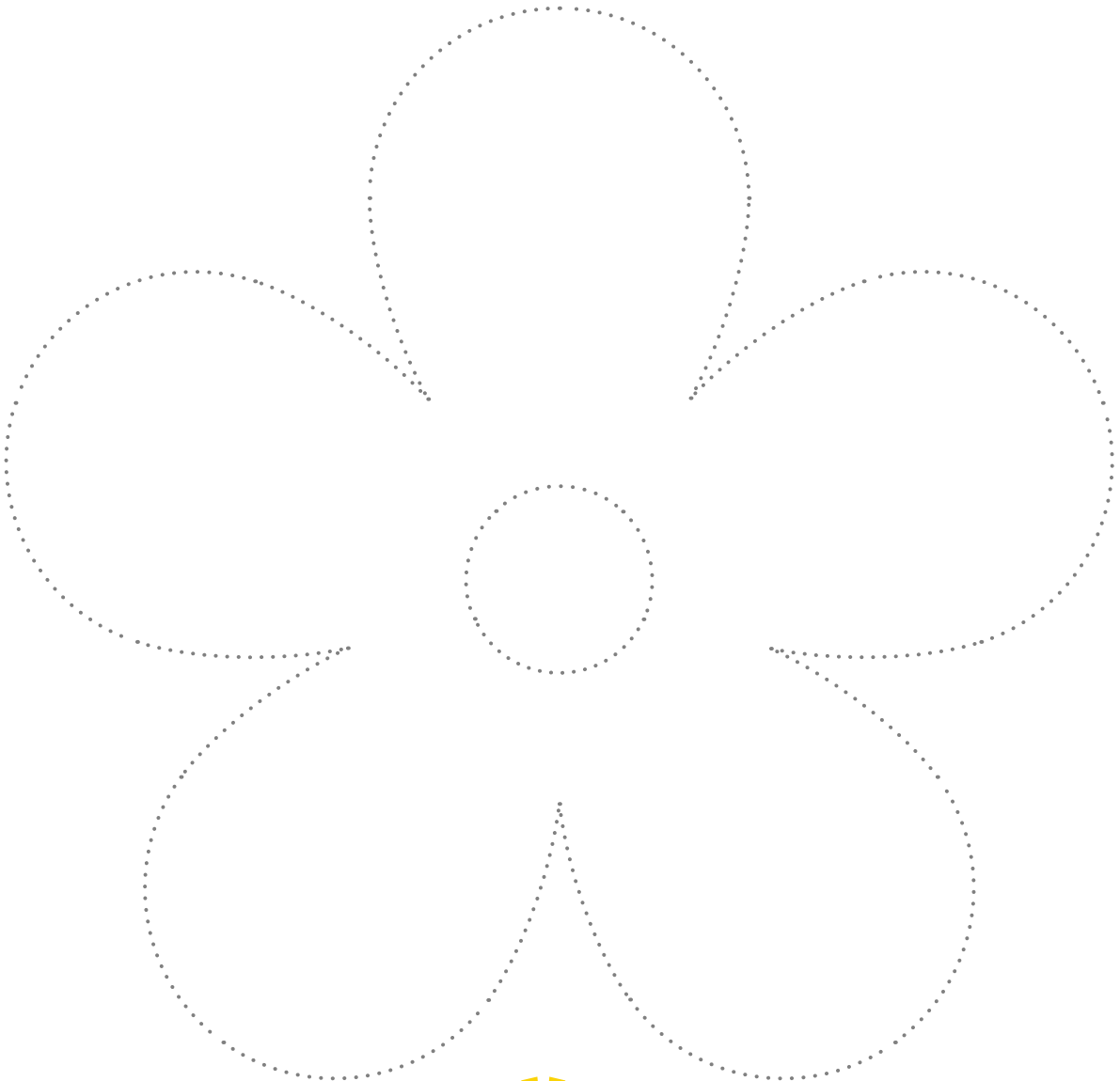
In *Bulbul's Home*, Bulbul moves from his old home to follow his friends. He learns that home is where you are loved. Remembering the places or things we love from our old homes and honoring that memory in our new homes can also bring us comfort. Lead your child in creating their own "New Home" book that tell the story of where they came from and their new home. Encourage them to draw one or three favorite things about their old home or community, and a few things that they like or love in their new home. Ask, "Are there any similarities?" "What are the differences?"



Activity 2: Flower of Hope

This activity helps remind children that even when they are afraid, they have good experiences and loving people in their life to look forward to. Just like a plant, we are growing and changing every day.

On a piece of paper, draw (or have children draw) a flower with multiple petals (at least 5). Within the outline of each petal, they can write about or draw something they are looking forward to (or you can write it for them). Start small. For example, kids' "hopes" might include making a new friend or making a favorite food with a family member.



■ ■ Storybook: Bulbul's New Home



Bulbul's Home

Written by: Larry Houzain

Illustrated by: Waleed Qutteineh



"Hello! I am Bulbul the Brave! I love travelling to far away places and seeing the world!

But, I wasn't born brave. When I was young, I was afraid of many things.

Let's read the story of how I overcame my fears."



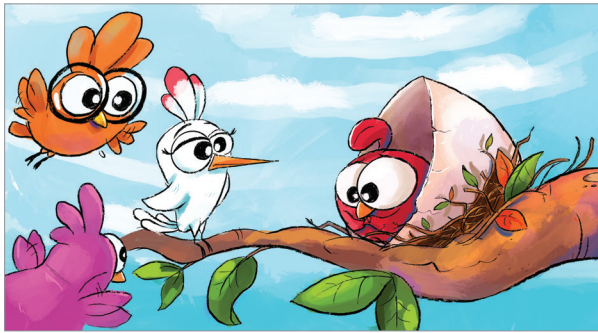
Little Bulbul loved his warm, cozy house very much. It was everything he could dream of.

One day Bulbul cooked a meal for his friend Reesheh from nuts he found right next to his house. As they ate together, Reesheh said, "Thank you for the tasty food. You are my best friend, Bulbul."

"And you are mine," Bulbul replied. "And the best part is that we are sharing this food in my home. Have you ever seen a home better than mine?"

Reesheh just smiled and didn't say anything.

■ Storybook: Bulbul's New Home, Continued



A few days later, Reesheh suggested, "Why don't we go out together to find a meal?"

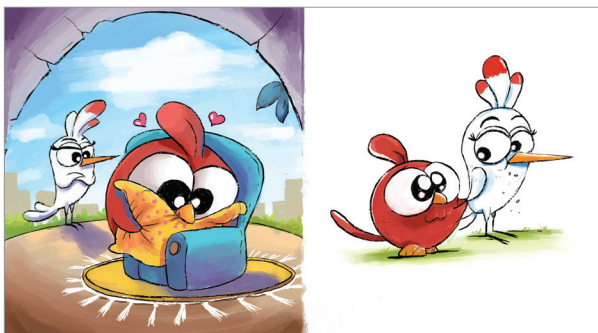
"Go out?" Bulbul exclaimed. "Is there no home delivery to my eggshell?"



Reesheh and friends persuaded Bulbul to go out with them. Together they found some delicious berries.

"Aren't the berries out here great?" Reesheh asked.

But all Bulbul could say was, "I wonder how far my house is from here?"



Before Bulbul had even finished eating, he said, "Take me home please, Reesheh. I don't know the way back."

Upon arriving home, he collapsed into his favorite chair. "What is better than relaxing at home? I will never leave my comfortable house again."

■ ■ Storybook: Bulbul's New Home, Continued

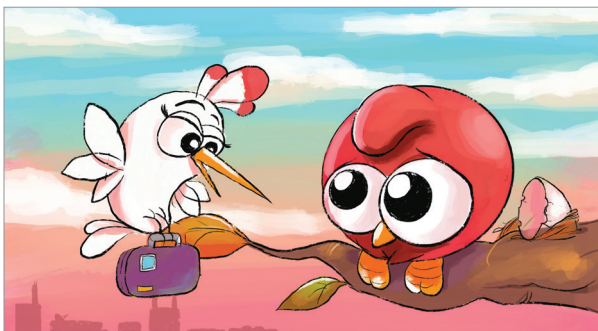


The next day, Reesheh suggested something else.

"Let's swim in the pond nearby."



"But that pond is very crowded," Bulbul said. "And I have my own private pool, right here. What could be better?"

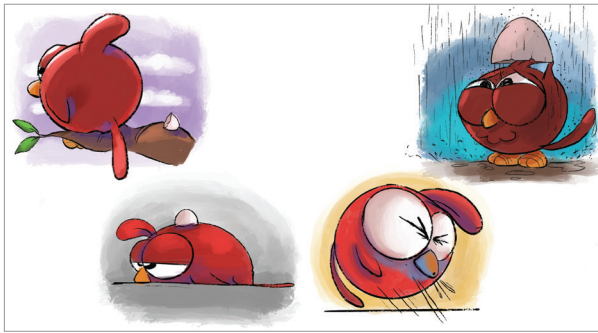


Weeks passed, and Bulbul stayed in his tiny house, until one day he admitted to Reesheh, "Ughhhh... This place feels smaller every day!"

"Or you are getting bigger!" Reesheh said. And he came up with a new suggestion: "Our friends and I are leaving to travel for a few months. Will you stay alone here, or will you join us?"

"I'll stay here, of course! I'll be fine on my own."

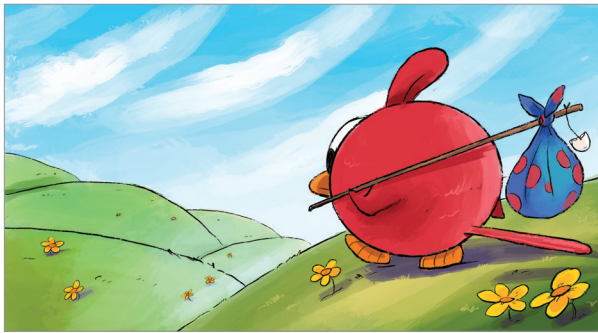
■ Storybook: Bulbul's New Home, Continued



In the weeks after everyone left, Bulbul's situation became unbearable.

Hatchoo

"I miss Reesheh," Bulbul admitted to himself. "I miss my friends."



And so, even though he felt scared, Bulbul left his house to look for his friends.

I hope I find them quickly, he thought.



He traveled over hills and through valleys. He missed his house terribly. Finally, he climbed a steep cliff—and there was Reesheh!

"I'm so happy that you came here," Reesheh said.

Now that he'd found his friends, Bulbul felt warm and cozy. "Wow!" Bulbul said. "This is the best home ever."

Optional: Watch and Learn – Video Playlist

The below list of videos includes four videos for you and five videos to watch together with you child. Discuss how the characters in these videos deals with difficult feelings, new challenges, and big changes. Watching together and talking with your child increases their learning! Enjoy.

Mae’s Minute: Self-Care

Taking a moment for yourself can be hard, but powerful, too. Caring for yourself can help you better care for others, especially during big changes. In this video, Mae takes a minute from her break to encourage caregivers to find time for themselves during their busy day. Watch “Self-Care” for ideas!]

Mae’s Minute: Child Stress

Big feelings and stress often show up in young children’s behavior. In this video, Mae takes a minute to talk to caregivers about what to do when a child is feeling stressed. Watch “Child Stress” for practical tips on how to identify signs of stress in young children, and how you might be able to help manage it.

Mae’s Minute: Circle of Safety

As a caring adult, you can help your child feel safe and secure. The support of other trusted adults can make a big difference, too. In this video, Mae takes a minute to encourage caregivers to provide their children with other safe, trusted adults to talk to. Watch “Circle of Safety” for ideas!

Access to video playlist by visiting: [Please insert relevant video playlist here]

Mae's Minute: Keeping Control

Self-appreciation is an important skill for adults to practice too. Each day, try to tell yourself one good thing about you or something you did during the day, like "I remained calm when trying to solve a problem," or "I listened to and comforted my child." In this video, Mae takes a minute to help caregivers create a calm environment for children by setting rules and taking deep breaths. Watch "Keeping Control" for more ideas!

Watch, Play, Learn: Ameera is Sad

Basma and Jad are playing a game where they are standing on different colored squares and can only move squares based on the color they roll on a block. Basma is sad because she is on the pink square and rolls pink so she can't move. Chicken interrupts with a big feelings alert - it's their friend Ameera! Ameera was searching for the perfect leaf and when she finally found it, she lost it. Basma and Jad help her identify this feeling as "sadness" and help her feel better by teaching her how to "talk talk talk it to herself." The self talk strategy helps both Ameera and Basma feel better.

Watch, Play, Learn: Grover is Sad

Basma, Jad, Ma'Zooza, and Body Builder Chicken are all playing Banana, Banana, Orange (duck duck goose), but Basma feels sad because Jad has already picked her to be Orange three times. Chicken interrupts with a big feelings alert – it's their friend Grover. Grover lost one of his juggling rings that his granny gave him. Basma and Jad help Grover identify his feeling as "sad" and help him feel better by teaching him to "move it out." The move it out strategy helps both Basma and Grover feel less sad.

Access to video playlist by visiting: [Please insert relevant video playlist here]

Watch, Play, Learn: Cookie is Fearful

Basma is showing Jad the house she built for her new pet ladybug, Lulu, but when Basma looks away for a moment she turns around to find that Lulu has gone! This makes Basma sad. Then Chicken interrupts with a big feelings alert – it’s their friend Cookie Monster! Cookie wrote a song for Turtle’s birthday, but the paper looked yummy so he ate it before he could sing her the song – this makes him sad because he can’t remember how the song goes. Basma and Jad help Cookie identify his feeling as “sadness” and help him feel better by “drawing it out.” The strategy helps Basma too as she continues searching for Lulu and finds her safe and sound in her new ladybug house!

Watch, Play, Learn: Zoe is Fearful

Basma, Jad, and Grover are playing Body Limbo. When it’s Basma’s turn, she starts to feel very nervous. Chicken interrupts with the big feelings alert - it’s their friend Zoe! Zoe is playing a wiggly jump rope game with Elephant and Turtle, but Zoe is afraid of falling. Basma and Jad help Zoe identify her feeling as “fear” and help her feel better by teaching her to “talk talk talk it to herself.” This strategy helps Zoe and Basma feel less afraid.

Watch, Play, Learn: Elmo is Angry

Basma leaves the beautiful butterfly wings Jad made for her out in the rain. Jad discovers the ruined wings. Chicken interrupts with a big feelings alert – it’s their friend Elmo! Elephant crushed Elmo’s cardboard plane and now he can’t fly it. Elmo’s brow is creased, his arms are crossed, and he’s breathing heavily through his nose. Basma, Jad and Chicken help Elmo to identify his emotion as “anger” and feel better by drawing it out. Jad uses the same technique and decides they don’t need wings, he and Basma can pretend to be butterflies.

Access to video playlist by visiting: [Please insert relevant video playlist here]



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