

## DO THIS AT HOME

# A Kiss I Can Keep

Try this activity at home to reinforce what your child learned about feeling loved and relationships with others.

### What Your Child Will Learn

You can help your child feel loved and cared for by sharing special times together as in this outlined activity. This special bond not only smoothes transitions and moments of separation, it helps your child develop skills necessary to bond with significant others in her life.

### Materials Needed

a rubber stamp or a heart cut from construction paper

*The Kissing Hand*, by Audrey Penn (or other book about being apart from someone you love)

### What to Do

- ▶ Whether you are reading the story with your child or just talking together, the following are some ideas to spark discussion about how you and your child feel and cope when you need to be apart from each other.
- ▶ Engage your child in a discussion using a few of these open-ended questions and discussion points:
  - “What do you remember about your first day of school?”*
  - “How did you feel about starting school?”*
  - “How do you think I felt when you went to school for the first time?”*
  - “When we have to be away from each other, how do you feel?”*
  - “This is how I feel when we have to be apart from each other...”*
  - “What are some ways we can feel close to each other, even when we are not together?”*
- ▶ End this activity by placing a special kiss in the palm of your child’s hand. You can use a rubber stamp, a heart cut from construction paper, or another method you find appropriate.
- ▶ The kiss will stay with your child, even when you cannot be together. Setting up a good-bye ritual with your child will help you feel close and make the separation easier for each of you.

\*You can download this activity and the other at-home activities in this book at [www.centerforresilientchildren.org/SSES](http://www.centerforresilientchildren.org/SSES).