

DO THIS AT HOME

Family & Friendship Fruit Salad

Try this activity at home with siblings and/or friends to reinforce what your child learned about cooperation.

What Your Child Will Learn

Encourage your child to collaborate with his siblings and/or friends to accomplish this task. When your child feels pride in working together with other children, he will be eager to cooperate in the future.

Materials Needed

fruit
large serving bowl
plastic silverware
small bowl and spoon
whipped cream

What to Do

- ▶ Talk about fruit with your child. Make a list of his favorite kinds of fruit, and talk about where it comes from and how it grows.
- ▶ Take your child along to the grocery store and let him help pick out some favorite fruits.
- ▶ Wash, peel, and cut the fruit together.
- ▶ When you have cut up all the fruit, take turns putting it in the large mixing bowl and stirring it.
- ▶ Offer encouragement to your child for cooperating, being sure to talk about teamwork and taking turns together.
- ▶ Finally, encourage your child to serve himself a little “Family & Friendship Fruit Salad.” Add whipped cream to make it extra yummy.

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.