

DO THIS AT HOME

Let Me Show You

Try this activity at home to reinforce what your child learned about her own interests and strengths.

What Your Child Will Learn

When children get to reflect on their own interests and strengths, they realize how special they really are. You can enjoy hearing your child talk about her unique talents, and you can even add some that didn't occur to your child. When we take the time to focus on the positive things a child can do, there is less time to focus on the negative—making our world a much happier place.

Materials Needed

Cleversticks by Bernard Ashley (or any book that has a theme of celebrating a child's unique skills and abilities)

crayons

paper

What to Do

- ▶ Begin by reading the book *Cleversticks* to your child.
- ▶ After you read this story, ask:
 - “How do you feel when everyone else seems to be able to do something you have not yet learned?”
 - “What is something special that you are very good at doing?”
 - “How do you think the little boy felt when he shared something special with his friends?”
 - “When he started to ask his friends for help with the things they were good at, what did he finally learn to do?”
- ▶ Explain that you and your child are going to make a book highlighting the things that she enjoys and can do well.
- ▶ Help your child create a page using her name and the following statement:
“_____ is really good at _____!” Make as many pages as the child wishes.
- ▶ Encourage your child to determine her own strengths/talents.
- ▶ Now have your child draw pictures that illustrate these skills. Finally, assemble the pages together to form a book you and your child will love reading and sharing with others!

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