

DO THIS AT HOME
My Family Place Mats

Try this activity at home to reinforce your child's feelings of acceptance and inclusion in the family.

What Your Child Will Learn

Your child loves to look at pictures and drawings of himself and those people, pets, places, and things he loves the most. Help him create a place mat to open the lines of communication about the most important aspects of his life.

Materials Needed

clear contact paper

colored construction paper cut into place mat size

crayons, markers, paint, and other materials for decorating

glue

pictures of your child and family members, pets, and special things and/or places

What to Do

- ▶ Talk with your child about what a place mat is and what it is used for, and the fact that it marks a special place at the table.
- ▶ Allow your child to pick his two favorite colors of construction paper to create his place mat. Help your child tape the two pieces of paper together.
- ▶ Give your child the photographs. Encourage his initiative and creativity by allowing him to glue the photographs anywhere he wants on the construction paper. Allow him to add other decorative items, as long as the place mat can still lie flat.
- ▶ After the photos and other decorative items have dried, cover the front and back of the place mat with contact paper.
- ▶ Use the place mat when your child wants to work with clay or dough, tabletop projects, meals, and/or snacks.

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