

DO THIS AT HOME
Positive Postcards

Try this activity at home to reinforce what your child learned about supporting others and making them feel loved and appreciated.

Materials Needed

5" x 7" index cards
pens and pencils

What to Do

- ▶ Use blank index cards in colors of your choice, or cut up construction paper into card-sized portions.
- ▶ Work together with your child to help her draw a picture or “write” a special note to someone who has done something positive, needs an encouraging word, or who you or your child wish to thank.
- ▶ Talk with your child about what you do to help brighten other people’s days. Come up with ideas about ways you might do this together, such as making a meal for a family in need or offering to help in other ways.
- ▶ Finally, you may also want to use Positive Postcards to brighten the day of your own child. Tell your child in words how happy and proud you are to be her parent. Say “I love you” with a postcard full of Xs and Os.

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