

## DO THIS AT HOME

# President for a Day

Try this activity at home to reinforce what your child learned about making and following rules.

### What Your Child Will Learn

Rules help keep us safe and help us have fun while exploring and playing. When your child has the chance to be a part of making the rules, he will feel more empowered and eager to follow them! When your child takes care of himself, his friends, and the environment, you are helping foster the best opportunities for everyone to develop social and emotional skills.

### Materials Needed

art supplies	pictures of the White House and the President
paper	other items related to the presidency

### What to Do

- ▶ Ask your child what he learned in school about the President of the United States and share pictures of the President and White House if you choose.
- ▶ Remind your child that one of the big responsibilities a president has is to help make rules (also called laws).
- ▶ Share additional information on why we need leaders and laws and rules.
- ▶ In general, most rules come under these three main categories:
  - ◀ take care of ourselves
  - ◀ take care of our friends
  - ◀ take care of the place we live and learn
- ▶ Ask your child about the rules and laws the class came up with.
- ▶ Now, talk about rules you may have in your house. Talk about why you need rules at home as well as at school and in our country as a whole.
- ▶ Together with your child make a list of rules that everyone should follow at home, and hang it up in the house for all to see.

**Special Note:** When forming rules for your home, some important guidelines include:

- ▶ Involving children in deciding on the rules needed to keep everyone safe;
- ▶ Focusing on the main categories of a safe and fun home: taking care of ourselves, taking care of each other, and taking care of our home and materials;
- ▶ Limiting the number of rules to 3-5 because children will be overwhelmed if there are too many rules; and
- ▶ Writing the rules in positive language, stating what the children *should* do—“We are kind to each other” tells the child what the expectations are versus saying, “Don’t be mean.”

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