

BE AN ALLY

Caregiver Handout



| What your child learned this week: | |
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| Skills: | Content: |
| <ul style="list-style-type: none"> • Communication • Cooperation • Critical Thinking • Resilience | <ul style="list-style-type: none"> • Injustice recognition • Problem solving • Identifying mistakes • Counting and simple addition |

| Activities to do at home to reinforce this week's learning goals: |
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| <ul style="list-style-type: none"> • Talk about Empathy: Discuss empathy with your child. After watching a show or movie or reading a book, ask your child how they thought a character was feeling during a difficult moment and a celebratory moment. Ask them to think about how they might feel if it had been them during those moments. <ul style="list-style-type: none"> ○ Molly Bang wrote some great books that show a young child dealing with strong emotions. • On an Outing: Ask your child to pay attention the next time you are doing an errand or at the park. Ask them to notice what other people might be feeling. Some examples are: <ul style="list-style-type: none"> ○ “Do you hear the baby crying? How do you think they are feeling? How do you feel when you cry? What makes you feel better?” ○ “Do you see that person over there with their dog? What do you think they are feeling? How do you feel when you are playing with a pet?” • Help them talk through their feelings: The next time your child comes to you feeling sad or angry, ask them questions about how it feels. Ask them if they can name what they are feeling. <ul style="list-style-type: none"> ○ Model empathetic responses like: “That sounds really hard. What would help you feel better?” ○ Make sure to do this when they are feeling happy and excited too. Empathetic responses for this might be: “That sounds fun! What else makes you feel this way?” |

| Recommended books to read with your child to reinforce this week's learning goals: |
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| <ul style="list-style-type: none"> • <i>10,000 Dresses</i> by Marcus Ewert (Triangle Square 2011) Bailey longs to wear the beautiful dresses of her dreams but is ridiculed by her unsympathetic family which rejects her true perception of herself. • <i>Intersection Allies</i> by Chelsea Johnson (Dottir Press 2019) A handy book about intersectionality that depicts the nuances of identity and embraces difference as a source of community. • <i>Speak Up</i> by Miranda Paul (Clarion Books 2020) This book encourages the reader to speak up about everything from their own name being mispronounced to someone bringing a weapon to school. |