

# Table of Contents

## Everyone Says Please (Except Cat)

- Quick Tips ..... 2
- Simon Says Please ..... 2

## Everyone Shares (Except Cat)

- Quick Tips ..... 3
- Splitting the Dough ..... 3

## Stuck! (Help, Please!)

- Quick Tips ..... 4
- My Helper ..... 4-5

## Now! (Barks Dog)

- Quick Tips ..... 6
- Big Feelings ..... 6

## Fast AND Slow (Both Just Right!)

- Quick Tips ..... 7
- Two Truths and a Lie ..... 7

## Me. You. Us. (Whose Turn?)

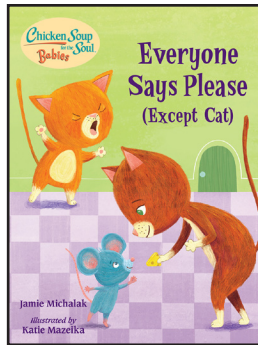
- Quick Tips ..... 8
- The Tallest Tower ..... 8

## Playdate! (with Bear, Too?)

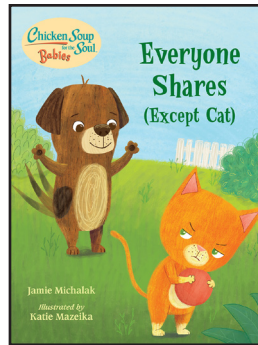
- Quick Tips ..... 9
- Snowball ..... 9



# ACTIVITY KIT



978-1-62354-277-1 BD



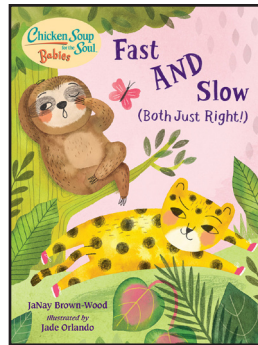
978-1-62354-276-4 BD



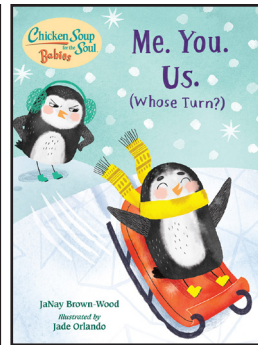
978-1-62354-285-6 BD



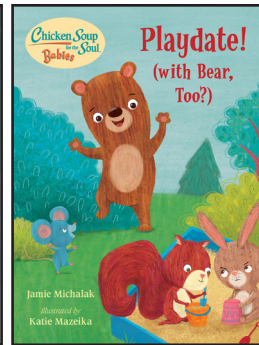
978-1-62354-282-5 BD



978-1-62354-280-1 BD



978-1-62354-281-8 BD



978-1-62354-287-0 BD

## About the Series

Sweet and silly, Chicken Soup for the Soul Babies imparts good values through heartwarming and humorous stories to help little ones put their best foot forward.

Clear text and bright illustrations follow these little critters as they learn about manners, sharing, problem-solving, patience, acceptance of differences, turn-taking, and inclusion. Every book includes quick tips for parents and educators to use with their youngsters.



# Everyone Says Please (Except Cat)

## Quick Tips

Teaching your toddler manners means that you're also teaching them how their behavior affects others. A toddler might not grasp that others have feelings until 18 months or older.

Impart healthy habits!

- Model your own manners—say “please” and “thank you” and “excuse me” in front of your child.
- Teach your toddler to notice the color of people’s eyes so that they can practice making eye contact.
- Start very small and simple. Teach your child to say “hello” when someone says “hello” to them.
- Point out when someone gets hurt (feelings count, too!) and how saying “I’m sorry” can make them feel better.

## Simon Says Please

For older children, a fun game of “Simon Says Please” can teach careful listening habits and emphasize the power of polite words.

- At the start of the game, choose one child to be “Simon.”
- Simon uses the formulaic phrase “Simon says, please \_\_\_\_\_” to ask players to perform a task. For example: “Simon says, please hop on one foot.”
- If Simon omits the formula “Simon says, please \_\_\_\_\_” when issuing a task, any player who does perform the task is out. For example: “Simon says, please hop on one foot. Simon says, please meow like a cat. Stop meowing.” Any player who stops meowing is out.
- Continue play until one player is remaining. That player becomes the new Simon.



# Everyone Shares (Except Cat)

## Quick Tips

Did you know that your child may not fully grasp the concept of sharing until age three?

Introducing the concept of empathy—that others have feelings and wants too—can begin earlier.

Impart healthy habits!

- Have plenty of similar toys on hand so that substitutions among kids are easier.
- Encourage activities other than playing with toys—such as a dance party or kicking a ball around. Playground structures like a merry-go-round or seesaw are great for sharing!
- Model sharing behaviors yourself with neighbors or friends.

## Splitting the Dough

Older children can practice sharing and negotiation with a play-dough activity. For the play-dough, you will need:

2 cups flour  
1/2 cup salt  
~1 cup hot water  
2 tbsp cooking oil  
2 tbsp cream of tartar  
food coloring

Whisk together the dry ingredients, then add the cooking oil and water and knead to form a dough. If it looks runny, let it rest a few minutes so the salt can absorb the extra moisture. If too sticky or dry, add flour or water a tablespoon at a time until the dough is smooth.

Next divide the dough evenly and color each portion a different color. If you are working with a group of fewer than ten children, make three colors of dough. For ten to twenty children, start with five colors of dough. For more than twenty children, create six colors.

Give each child a mandarin-orange-sized lump of dough, alternating colors. Then ask them to each gather a sample of all the colors in circulation by asking politely and sharing with each other. Take a few moments before the activity begins to review polite ways of asking for someone to share and kind ways of offering to share with others.

If developmentally appropriate, set a time limit and/or turn on some soothing, upbeat background music while students practice sharing.



# STUCK!

## (HELP, PLEASE!)

## Quick Tips

Toddlers don't always have the ability to cope with big feelings using words.

Teaching your child to stay calm and problem solve when they get "stuck" may lessen disruptive behavior and help build their confidence.

Impart healthy habits!

- Model your own calmness. Tantrums mean your toddler is likely frustrated or overwhelmed, so if you exhibit strong emotions, your toddler may get more upset. Try talking softer every time they talk louder.
- Acknowledge your child's frustration. Encourage toddlers to take a breath and think of solutions on their own first, assuring them that you'll help if needed.
- Teach problem-solving skills with activities like playing with blocks, building forts, matching animals with their sounds, or grouping like items together.

## My Helper

- Using the reproducible sheet on page 5, invite students to draw a picture of someone who helps them. This could be a parent, a sibling, a friend, a teacher, a doctor, a crossing guard, or even a pet.
- Invite students to share their drawings in small groups or at circle time and explain who this person is and how they help.
- During discussion, encourage students to reflect on the different ways to help: with words, with actions, with affection, with advice, with a listening ear, etc.



**STUCK!**  
**(HELP, PLEASE!)**

**My Helper**

A large, empty rectangular box with a double black border occupies the central portion of the page. This box is intended for a child to draw or write about their helper.



# NOW!

## (BARKS DOG)

## Quick Tips

Teaching toddlers patience also means you're teaching them that it's important to communicate needs and wants graciously.

Model healthy behaviors!

- Make the wait a positive experience. By remaining kind and positive when they ask repeatedly for something, you model good behavior for your child and make the wait less tense.
- Waiting might also be fun if you give kids an activity they can do individually or with you—jumping jacks or thumb wars!
- Give them the information they need to contextualize a wait. Reply to “When will we get there?” with time estimates, or daily countdowns with simple frames of reference, such as “We’ll sleep at Grandma’s house after the sun comes up two more times.”
- Be gracious and understanding. It’s harder to have patience when you’re hungry or tired—try to avoid creating a long wait situation too close to nap time or dinner.

## Big Feelings

For older children, identifying big feelings is a key skill in emotional regulation. Materials for this group activity include:

- A large piece of roll or poster paper
  - Markers in several colors
1. In a large or small group of children, lay out the poster paper on the ground and introduce the topic of big emotions. Invite the group to share the names of some big feelings—fear, anger, joy, etc.
  2. Draw a large, stylized outline of a child’s body in black marker on the paper.
  3. Ask the group how anger, fear, sadness, etc. feel in their bodies (for example: sweaty hands, upset stomach, flushed face). Jot down these observations inside the body outline.
  4. Then brainstorm physical strategies for managing feelings together (for example: taking a walk, deep breaths, drinking cold water or a hot cup of tea). Write these suggestions outside the body outline.



# Fast AND Slow

(Both Just Right!)

## Quick Tips

Teaching your toddler to accept differences means that you're also teaching them that there's no one kind of "normal." Often the best way for children of all ages to tolerate differences is to simply interact with others who are different from them.

Impart healthy habits!

- Be honest by recognizing that differences do exist. Remind your child that we live in a very big world, where people look different and make different choices.
- Recognize that similarities exist, too. Remind your child about ways we are all similar. For example, we are all humans with feelings.
- Talk about how everyone deserves kindness and respect no matter our differences or similarities.
- Try to expand your child's understanding of the world. Explore areas away from your own neighborhood; read books about and by people from around the world; or visit cultural establishments, like museums or libraries.

## Two Truths and a Lie

Older children can practice getting to know each other and celebrating their differences and similarities by playing "Two Truths and a Lie."

Players sit in a circle. Each takes a turn to make three statements about themselves to the group (For example: "I speak two languages. I have a treehouse in my backyard. I am afraid of spiders.") Two of these statements are true, and one is false; the other players get to guess which one is the lie!



# Me. You. Us. (Whose Turn?)

## Quick Tips

Teaching your toddler to take turns means that you're also teaching them how to socialize and play with others. A child might not understand the perspectives of others until they're around four years old.

Impart healthy habits!

- Model sharing by passing an object back and forth between you and your child, saying, "my turn, your turn."
- Try using a timer. When it rings, it's your child's turn to give a toy to her friend, and so forth each time it rings.
- Acknowledge when waiting is hard, and also point out to your child when someone else is really enjoying a toy they are waiting for. Reflect the feelings on both sides of the situation.
- When sharing proves difficult, encourage simultaneous play, like a make-believe game.

## The Tallest Tower

Encourage youngsters to practice turn-taking skills by building a tower together. Each person takes a turn to add a block to the tower. When the tower grows too tall and falls over, take a moment to celebrate the collapse and start a new tower.

For older children, this game can be remixed by breaking into teams to compete, each group trying to build the tallest, sturdiest, or most interestingly shaped tower (but with each team member still taking turns to add a block!). Students can also play games like Jenga and Suspend to combine turn-taking skills with fine motor coordination and visual reasoning.





# Playdate!

(with Bear,  
Too?)

## Quick Tips

Making new friends can be challenging for preschoolers who might be nervous around children they don't know. It's good to remember that the first step is being friendly!

- When a new person joins the group, demonstrate welcoming behaviors: a warm smile; a cheerful hello using the newcomer's name; a handshake, elbow tap, or fist bump; and most importantly, an invitation to join the fun.
- If your child is shy or quiet, try pairing them with someone who is outgoing and well-liked. That special buddy will help make the shy child feel included right from the start.
- Talk to your child about what it means to be a friend. Friends are kind. They share, take turns, and cooperate. They don't leave someone out on purpose or make fun of them. If they make a mistake, they say they're sorry.
- Some children don't do well in groups. If that is your child, consider hosting a playdate with one or two friends. If a group setting can't be avoided, try setting up different activity stations where a few children can play together at a time.

## Snowball

For older children, a game of "Snowball" emphasizes that fun grows when you include more people.

- At the beginning, ask for a volunteer to stand in the middle of the room. Arrange the group to stand in a ring around them.
- Put on a fun, upbeat song and get the whole group clapping along while the first child dances in the middle.
- When you shout "Snowball!" the child in the middle looks for someone in the circle and invites them to come dance in the middle.
- Each time you shout "Snowball!", every child in the middle finds a new person to come dance with them, so that the number of dancers grows exponentially.
- Repeat until every child is dancing. Continue until the song ends.