

Early ON

@ Home

Story: You Hold Me Up

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TALK

Talk about holding others up. Together, think about someone your child would like to offer support to. Help them build a plan for one small, kind thing they can do for that person.



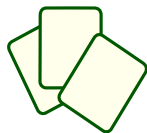
SING



You are my sunshine,
my only sunshine.
You make me happy
when skies are grey.
You'll never know dear,
how much I love you.
Please don't take
my sunshine away.

READ

Create gratitude cards and read them to one another.



Finish this sentence;
You hold me up when you...

PLAY



Make a “how to hold me” list.
Brainstorm a situation where
your child will experience a
need to feel support.
Act out what support would
look like in those situations.

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