

Theme: Pink Shirt Day Part 1

Date: February 23, 2021

Hello StrongStart friends,

Today's content was done by Teacher April (from Mackenzie).

**Pink Shirt Day is on Wednesday February 24.** Why do we have **PINK SHIRT DAY**? It was nearly a decade ago at Central Kings Rural High School in Cambridge, Nova Scotia, when grade 12 students, Travis Price and David Sheppard, caught wind of a grade nine student being bullied for wearing a pink shirt to school.

Instead of standing idly and watching it happen, they decided to step up and do something! Almost 10 years later, their act of standing up to bullying has grown into a worldwide movement called **PINK SHIRT DAY**.



Let's start by making a Warm and Fuzzy (Kindness) Jar.

Materials:

- A jar (any size, but the bigger, the better)
- Paper
- Markers
- Tape
- Scissors
- Pompoms, cotton balls or small pebbles



### Instructions:

1. Cut a piece of paper that will wrap around the jar.
2. Talk to your child about some kind words or actions and write it on the paper. You can also decorate the paper with drawings or stickers.
3. Tape the paper around the jar but leave a little space at the back so you can still see what's inside the jar.
4. Talk to your child about what it means to be kind. For every kind action or words, they get to put a pom-pom in the jar.
5. With older children, you can extend this activity by asking how they feel when they do something nice for others. The goal is to get them to recognize the positive feelings when they help others and hopefully, repeat the action in the future!
6. Let's see how much it fills in a week!

Here are two books about kindness that you can read at home:

- Be Kind by Pat Zietlow Miller and Jen Hill - <https://youtu.be/t6NUJ2Jz50>



- One by Kathryn Otoshi - <https://youtu.be/LTRABLXsof4>



To finish off this email, settle down with your little one and join Teacher April in an Infant Toddler Circle Time - <https://youtu.be/7rC71milakw>

**Vancouver Public Library** has Facebook Live Storytimes, Babytime and Toddlertime on Zoom and Virtual Storytime on YouTube.

- Toddlertime on Zoom: <https://vpl.bibliocommons.com/events/search/q=Toddler%20Storytime%20on%20Zoom>
- Facebook: <https://www.facebook.com/groups/VPLKidsGroup/permalink/305851480553261/>
- YouTube: [www.youtube.com/user/vancouverlibrary](http://www.youtube.com/user/vancouverlibrary)

