

Theme: Pink Shirt Day Part 2

Date: February 25, 2021

Hello StrongStart friends,

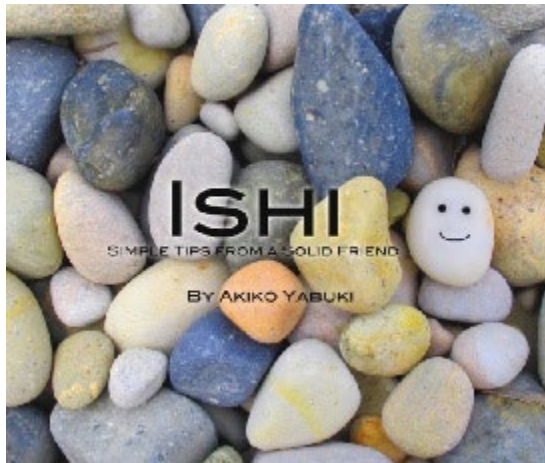
Today's content is by Ms. Linda (from Grenfell).

Last email, Teacher April told us about how Pink Shirt Day came to be and why we celebrate it every year. It is important to share the anti-bullying movement and promote kindness and compassion.



Be Kind

We all need friends - someone who will stand by us in good time and tough times. Here is a story called "Ishi - Simple Tips from a Solid Friend" by Akiko Yabuki and it is about a rock who has some great tips on the importance of keeping positive, happy thoughts and how that helps us have great friendships - <https://youtu.be/1YEQX0oSA-A>



Now, let's do an activity based on the book we just read. We will find our own rock friend!

Instructions:

- Find a rock you really like from outside. Wash and dry it.
- Name your rock(s) and draw a face on it. You can do a few different rocks with different emotions (e.g., sad, happy, mad).
- Get someone to help write out the rock's information (e.g., name, birthdate, specialty, adventure of the day).
- Take your rock out on adventures or simply around the house. At the end of the day, recap your adventures together! You can take pictures of you and your rock if you like.

For example, meet Ms. Linda's rock:

- Name: Takoda (means "friend to everyone" in Sioux)
- Birthday: December 1
- Place of Birth: Vancouver, BC
- Specialty: Smooth, round, happy face
- Adventure: Today, Takoda and Wampum the Shell sat on the couch and read "Stick and Stone" by Beth Ferry and Tom Lichtenheld - <https://youtu.be/XTYfji4YIS0>. Takoda and Wampum are reading about how Stick and Stone help each other out and how it is important to be there for each other when trouble comes. Stick and Stone are great friends and welcome Pinecone into their friendship at the end even though he was nasty to them initially. It is important to share happiness and forgive so that we can love and play in peace together.



Here are two songs about friends that you can sing:

Make New Friends but Keep the Old - <https://youtu.be/gYTdVFfa-Fws>

Make new friends but keep the old.

One is silver, the other is gold.

Make new friends but keep the old.

One is silver, the other is gold.

Friend of Mine (to the tune Mary Had a Little Lamb)

*Will you be a friend of mine, a friend of mine, a friend of mine?
Will you be a friend of mine and (insert an action) around with me?*

*(Insert friend's name) is a friend of mine, friend of mine, friend of mine.
(Insert friend's name) is a friend of mine who (insert same action) around with me!*



For more Heart Mind Well-Being resources online,
visit <https://heartmindonline.org/resources/for-families>

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