

## WELCOME TO KINDERGARTEN



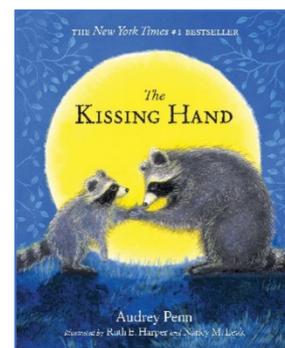
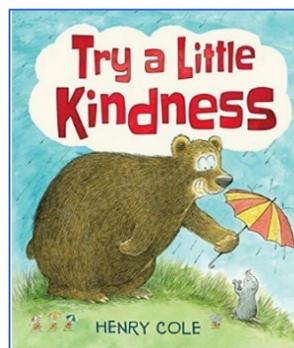
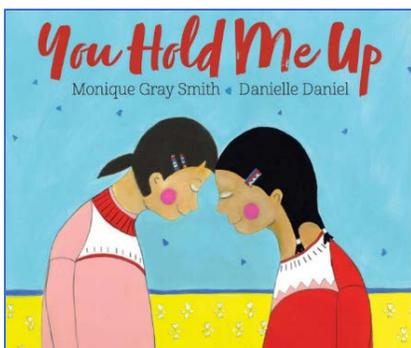
### Book: You Hold Me Up

This book embarks on a journey of healing and reconciliation. It is a beautifully written book about love, building relationships and fostering empathy. It is a book to remind us of our common humanity and the importance of holding each other up with respect, dignity, kindness and friendship. Here is the author's note on the book - <https://youtu.be/g4JW6Ckl0yQ>

### TALK

- Based on the title and the illustration on the front cover, ask your child what they think the book is about.
- After reading the book, discuss ways we can “hold someone up”, literally or figuratively? Think about the different ways you can support others when they are sad or simply having a bad day.
- **Note:** Check out **Family Activities for Early Learners Resource Book** for more **TALK-READ-SING-PLAY** ideas and suggestions - [https://www.thelearningpartnership.ca/getmedia/0f630777-14d8-4321-b3fd-4e3616d92009/019\\_10\\_24\\_WTK\\_You-hold-me-up-family.aspx](https://www.thelearningpartnership.ca/getmedia/0f630777-14d8-4321-b3fd-4e3616d92009/019_10_24_WTK_You-hold-me-up-family.aspx)

### READ



- **You Hold Me Up** by Monique Gray Smith and Danielle Daniel: <https://youtu.be/CxQ6U6udEDY>
- **Try a Little Kindness** by Henry Cole: <https://youtu.be/DSmhvAEX0ps>
- **The Kissing Hand** by Audrey Penn: <https://youtu.be/NMZLc8q2pIE>

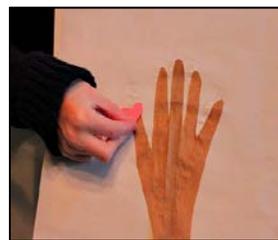
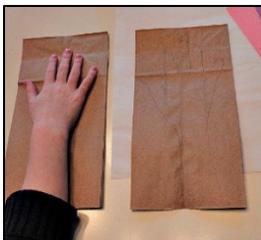
## SING

- **Listen to the Water** by Bob Schneider - <https://youtu.be/ZTN24SUUL4c>
- **The More We Get Together** - <https://youtu.be/BC0lfc82OK4>  
*The more we get together, together, together.  
The more we get together, the happier we'll be.  
For your friends are my friends  
And my friends are your friends.  
The more we get together, the happier we'll be.*



## PLAY

- **Mealtime Moments:** Using strips of paper, write down questions/statements to be shared/discussed during family mealtimes. Place papers in an empty box or jar. At mealtime, choose one paper and everyone at the table shares something about what is written on the paper. If one person chooses not to share, please respect his/her decision.
- Here are some sample questions:
  - The best part of today was....
  - The worst part of the day....
  - I feel strong when...
  - Something I am thankful for is...
  - I have fun when...
  - What made me happy, sad, mad, etc. today?
  - Highlight or lowlight of the day
- For more family mealtime moments ideas: <http://www.momentsaday.com/ways-to-make-mealtime-moments/>
- **The Kindness Tree:** Trace an arm and hand onto a brown paper. Cut out and glue onto a paper. Cut out small heart shapes and place in a jar. Every time a family member shows an act of kindness, the tree is gifted a heart. (1 heart = 1 act of kindness). Watch your kindness tree grow!



- **Family's Picture Craft** - <https://youtu.be/hizh87N6BXw>
  - Materials: construction paper, fabric, markers, glue, scissors, yarn, googly eyes (optional).
  - Instructions:
    - Draw out a person silhouette.
    - Dress them with fabric. Cut out yarn for hair. Draw on a face.

