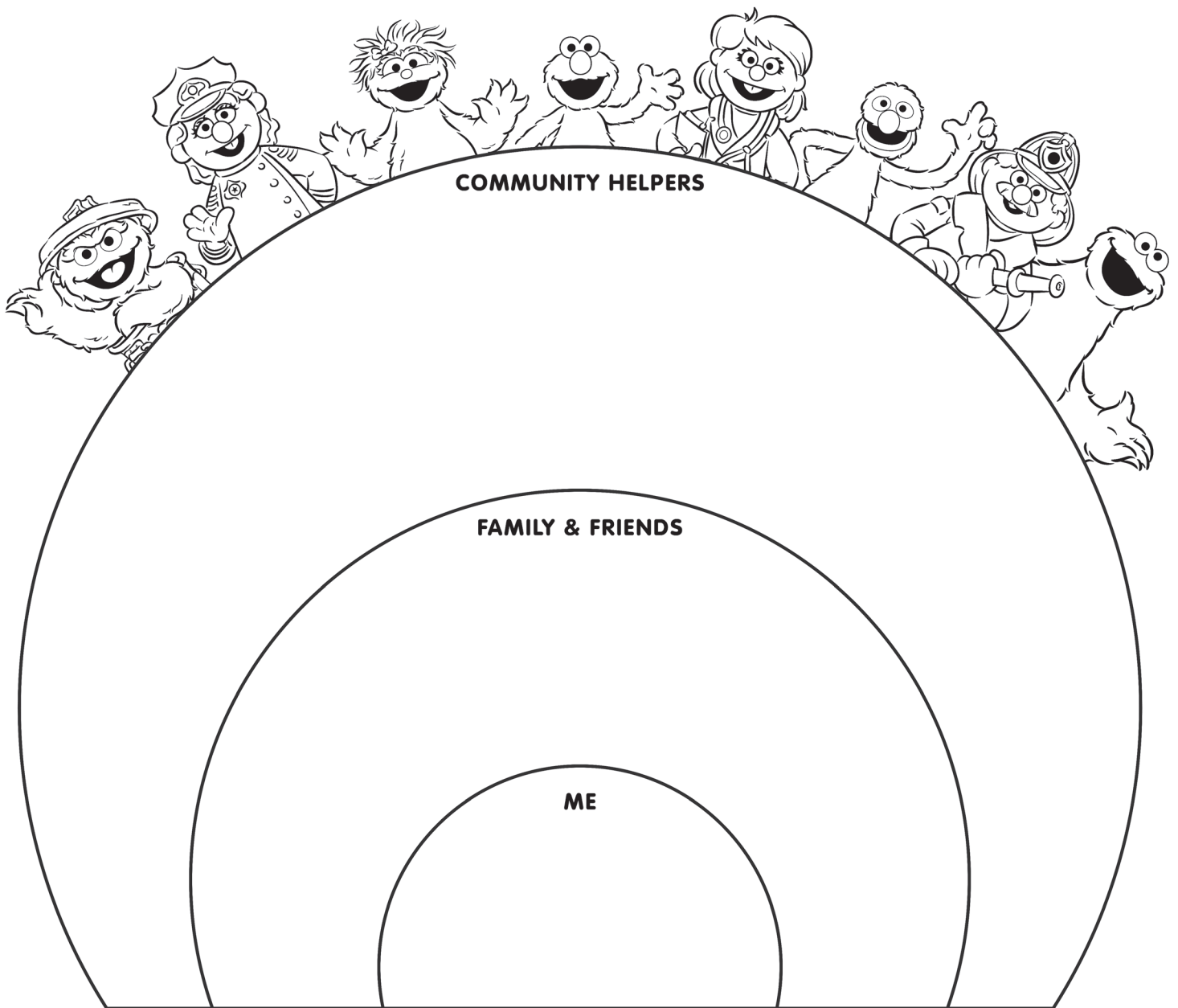


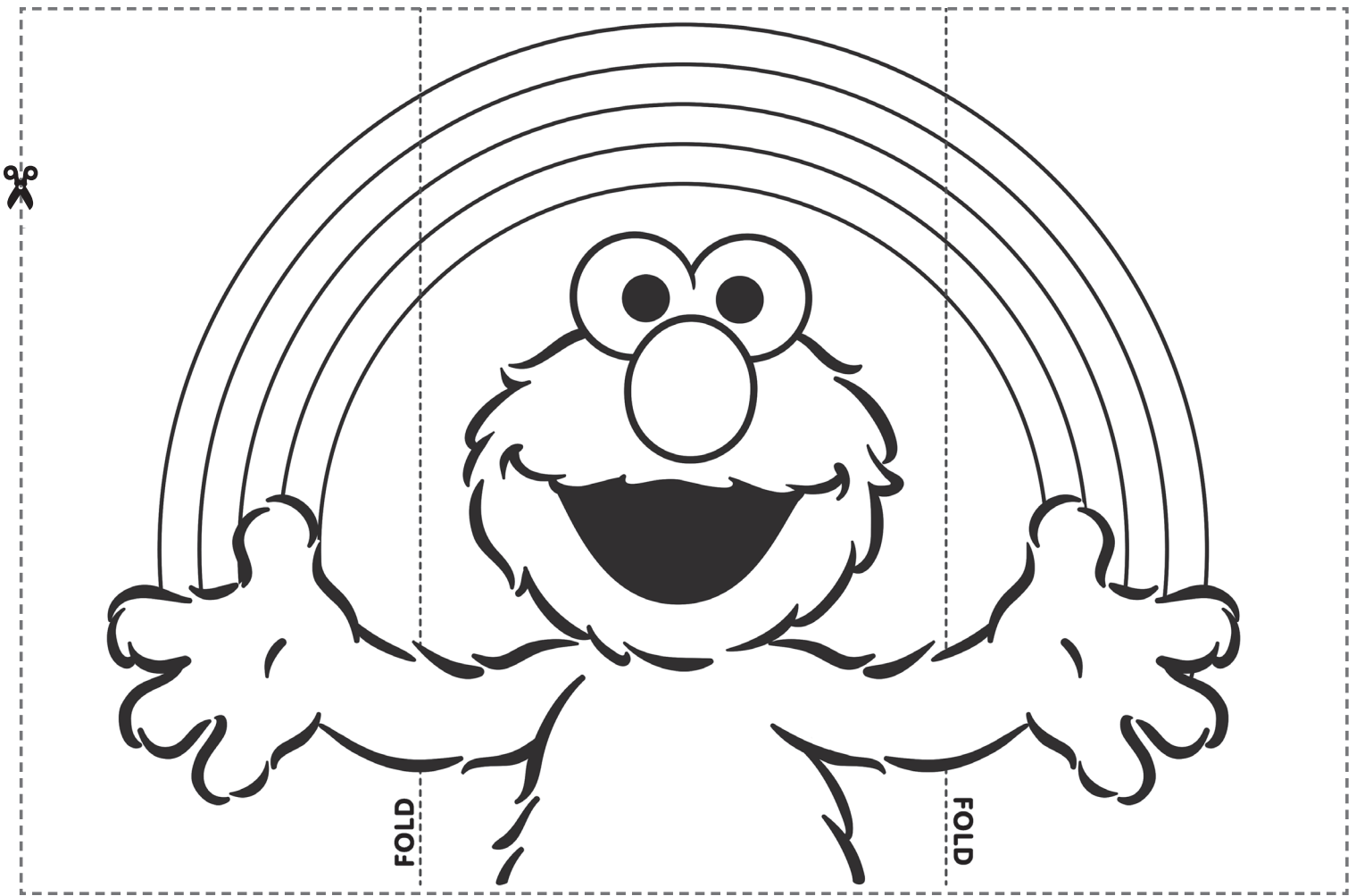
Family Activity: Our Circle of Care

There are so many people who care about you and are working hard to keep your family safe. Start by writing or drawing in a picture of yourself, then your family members and friends, then the helpers in your community. Tape this picture up to remind you of all the people you can reach out to for care and support.



Elmo's Rainbow Hug Card

Here's a big, warm, colorful hug from Elmo! Hugs always make Elmo feel better, and thinking about rainbows makes him feel happy. Think about what makes you feel safe and happy. Color in the card and fold the page along the dotted lines. Then, help Elmo share rainbow hugs with your family, friends, and helpers. Don't forget to give a big hug to yourself, too!



Story: Hugs All Around

Elmo's day started with the sun shining through his window and a warm **good-morning hug** ♥ from Mommy. Getting hugged by his family and friends is Elmo's favorite way to begin the day, but he loves giving hugs, too! So Elmo went all around Sesame Street to share some fuzzy hugs with his favorite friends and neighbors.

First, he spotted his friend Alan working at Hooper's Store. Elmo spread his arms wide open and said, "Here's a big **thank-you hug** ♥ for always being there to listen to Elmo when he needs a friend!"

Then, Elmo saw Zoe, who was feeling a little scared because a very loud fire truck had just passed by. "That's too loud!" she said. Elmo reassured her that the loud siren means that firefighters are going to help somebody. Elmo then gave her a tight **we-are-safe hug** ♥ and she didn't feel so frightened anymore.

Finally, when Elmo got back home, it was time for bed. Elmo and Daddy snuggled under the blanket and read their favorite book together. They gave each other a very long **I-love-you hug**. ♥ Elmo couldn't think of a more perfect way to end his hug-filled day!

