




“The People Who Care for Me” Mini-Session

- **Start with a Mindfulness Moment.**
- **Collect Session 2 Family Review:** How did the Sesame Strong activities go last session? What was your favorite resource? Any challenges? Questions?
- **Share this session’s Big Idea (the “why”):** Caring adults need care too. Take time to care for yourself.

Strategy Spotlight (the “how”): Notice your circle of care.

- **Review this session’s resources:**

	Play List		Main Message	Co-Engage Tip
ME TIME	Parent Reading	Taking Care of Yourself (article)	You’ll be better able to help kids cope with difficult emotions if you’re also taking good care of yourself.	As you read, underline tips or points that you’d like to remember.
TOGETHER TIME	Explore Together	Finding Comfort with Family and Friends (video) 	We all get comfort from familiar people and special things.	Listen to the song together. Then talk about the people who care and are there to help your child: family, friends, teachers, doctors...
		Hooray for Hands (video)	We hold hands to stick together, stay safe, show love, and help each other.	Talk about ways you use your hands to show kindness.
	Read Together	Furry, Fuzzy Hugs (digital)	Nurturing touch helps children feel safe and loved. It helps brain development, too!	It’s always a good time for a hug. Cuddle up and click through the story together.
	Play Together	Abby’s Amazing Friends (activity)	Children thrive when they know they’re surrounded by people who support and care for them.	Sit, talk, and color together.

FRIENDLY REMINDERS:

Questions are always welcome. Share with parents the best way to contact you with questions. Review the date/time for your next mini-session and remind families to bring in their review. Thank parents for their partnership and participation.

