My Family: Family Posters

Goal of activity: Children exposed to violence may have difficulty expressing a positive working mode of their world. This activity allows the children to focus on positive interactions within their family.

Approximate length of activity: 10 - 15 minutes

Materials: cut out male and female figures, poster board, glue, markers

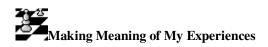
Instructional Procedures:

- The teacher/aide will read a story about families (see appendix).
- o The teacher/aide will talk about the members of the family in the story (moms, dads, brothers, sisters etc.) and invite children to share who is in their family.

"A member of your family is someone who helps to take care of you when you aren't at school – like a mom, dad, auntie or grandma. Sometimes the people in our families live in our house and sometimes the people in our families might live in a different house."

- Materials to create a poster of the people in your family will be placed on a tabletop for students to work with during choice time.
- The teacher/aide will work with 2-3 children to pick out male and female figures to represent the family members of the children.
- o The teacher/aide will help the child name family members.
- o Children will be invited to share their posters with the rest of the class.







KEY POINTS – Signs of anxiety

Sadness/anger when talking about family

- Allow child to participate as much or as little as they are comfortable.
- Allow the child to identify members of a cartoon family (Arthur, Dora, etc).
- Encourage child to think of people who are special in their life.

Difficulty naming family members

- Ask yes or no questions about siblings, parents, grandparents etc.
- Label family members as mother, father, sister, brother etc rather than names.
- Attempt to spell names as close to child's pronunciation and encourage child to help you sound out the name.



LITERACY TIPS

Oral Language

Use probing questions to encourage the use of more complex sentences: "Tell us about the people in your family." "What do you like to do with your brother/sister?" "Who is biggest/smallest in your family?"

Phonology

Label each person in the family with the first letter of their name: "Sylvia sounds like it starts with an 's' so we will write an S on this girl for Sylvia.

Print Knowledge

Label family members as mother, father, sister, brother. When talking about their family use these words to help remind the child of people in their family: "Here is your father, tell us about your father."

Head Start School Intervention Project

My Family: Make and Take Calming Blanket

Goal of activity: Children exposed to violence may have a limited exposure to safe and acceptable self-calming activities. This activity introduces children to a potential calming object and encourages children to use this calming object in the home.

Approximate length of activity: 10 - 15 minutes

Materials: One - 12 x 12inch fleece square per child, scissors

Instructional Procedures: *Prior to beginning the activity with the children*:

- Cut a two-inch square out of all four corners of fleece squares.
- o Cut out one to two-inch strips around outside edges of fleece squares.

With the child:

- o The teacher/aide will place the prepared fleece squares on a tabletop to be used during choice time.
- o The teacher/aide will work with 1-2 students at a time, demonstrating how to knot the strips of fleece.
- o The teacher/aide will talk to the child about how holding something soft can sometimes help us to feel calm (relate to heartbeats and breathing activities).
- o The children will hold their blankets during a quiet time activity in the classroom.



Feeling Good about Learning Feeling Safe Calming My Body and Mind







KEY POINTS – Signs of anxiety

Difficulty tying knots

- o Help guide the child with hand over hand assistance.
- Allow the child to experiment by using rubber bands, pipe cleaners or paper clips on the strips.
- o Allow the child to cut more strips into the sides of fleece square.



LITERACY TIPS

Oral Language

Model language that children can use when they need help: "You look like you are having a hard time with that, you can always ask me for help."

Phonology

Ask children to guess what letter fleece starts with. Encourage children to practice making the 'f' sound.

Print Knowledge

Assist children in writing their name on a decorative name tag and tape the name tag to the fleece.