



Head Start School Intervention Project
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).
 - 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.
 - The teacher/aide will help the child name family members.
 - Children will be invited to share their posters with the rest of the class.



Feeling Safe



Making Meaning of My Experiences

 <p>KEY POINTS – Signs of anxiety</p> <p><u>Sadness/anger when talking about family</u></p> <ul style="list-style-type: none"> ○ 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. <p><u>Difficulty naming family members</u></p> <ul style="list-style-type: none"> ○ 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. 	 <p>LITERACY TIPS</p> <p><u>Oral Language</u></p> <ul style="list-style-type: none"> ○ 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?” <p><u>Phonology</u></p> <ul style="list-style-type: none"> ○ 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. <p><u>Print Knowledge</u></p> <ul style="list-style-type: none"> ○ 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.”
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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.
- Cut out one to two-inch strips around outside edges of fleece squares.

With the child:

- The teacher/aide will place the prepared fleece squares on a tabletop to be used during choice time.
- The teacher/aide will work with 1-2 students at a time, demonstrating how to knot the strips of fleece.
- 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).
- 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

- 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.
- 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.