



## “Learning Through Play” Mini-Session

- **Start with a Mindfulness Moment.**
- **Parent Mini-Workshop Overview:** “Each session, you’ll receive a packet with Sesame Strong resources for you to explore with your child. Today, we’ll come together for a quick introduction to the topic. We’ll take a look at the resources together, and you can ask questions and share ideas. Then I’ll distribute materials for you and your child to try at home.”
- **Your Family Review:** “I’d also like to know what you think of the resources. In each packet, you’ll find a Family Review coloring page for you and your child to share your opinion of the session’s activities. Please bring your review the next time we meet.”
- **Share this session’s Big Idea (“the why”):** Parents make little moments count.



**Strategy Spotlight (the “how”):** Engage together.

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

	Play List		Main Message	Co-Engage Tip
ME TIME	Parent Reading	<b>Tips for Reading Together</b> (article)	Reading aloud together each day helps children become readers and writers.	As you read, underline tips or points that you’d like to remember.
TOGETHER TIME	Explore Together	<b>You Matter Most</b> (video)	A caring adult can make a big difference in a child’s life.	Watch together and talk about ways you like to spend special moments together.
		<b>Storytime</b> (video)	Sharing a story together can be a cozy, comforting experience for grown-ups and kids!	Sing along! What book would you like to read together today?
	Read Together	<b>Play All Day</b> (digital)	Learning moments can happen anytime and anywhere.	Click through this story and play along with the Sesame friends.
	Play Together	<b>Draw What’s in Your Heart</b> (activity)	Drawing can help children show and share their feelings.	Ask children to tell you about what they’ve drawn.
	Play Together	<b>The Things We Do Together</b> (activity) 	Everyday activities together create special moments that kids will remember for a lifetime.	What everyday activities do you like to do together? Create your own “together time” book. Then, cuddle up and read it 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.

