




“I Am Special” Mini-Session

- **Start with a Mindfulness Moment.**
- **Collect Session 1 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”):** Confidence and self-esteem give children strength to cope with challenges.



Strategy Spotlight (the “how”): Give yourself a hug.

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

	Play List		Main Message	Co-Engage Tip
ME TIME	Parent Reading	Mindful Parenting (article)	All children have big emotions. It helps when parents stay calm. (But it’s not easy!)	As you read, underline tips or points that you’d like to remember.
TOGETHER TIME	Explore Together	Give Yourself a Hug (video) 	Safe, nurturing touch supports kids’ healthy development.	Practice these hugs in calm moments, so you’re ready to use them in emotional moments.
		What I Am (video)	Celebrating what makes your child special builds self-esteem.	Take turns sharing positive words that describe your family.
	Read Together	What We’re All About (digital)	Talking about what makes you a loving family strengthens your connection to each other.	Perfect for on the go reading. Take turns answering the questions.
	Play Together	The “I Can” Flower (activity)	Help boost children’s confidence by reminding them of all the things they <u>can</u> do.	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.

