



Hello Sesame Strong Family,

Here is your Sesame Strong Playlist for **Session 5: Everyday Challenges**.

This Session's Big Idea:

Learning how to cope with frustration helps kids overcome obstacles.

Me Time



Patience & Persistence

Frustration is a powerful emotion. There are strategies that can help children work through it.

As you read, underline tips or points that you'd like to remember.

[Complete the Reading >](#)

Together Time



EXPLORE TOGETHER

Elmo Doesn't Give Up!

Help kids discover the power of "yet"!

Learning new things can be frustrating. Remind your child of something she/he can do now that took practice.

<https://sesamestreetincommunities.org/activities/elmo-doesnt-give-up/>



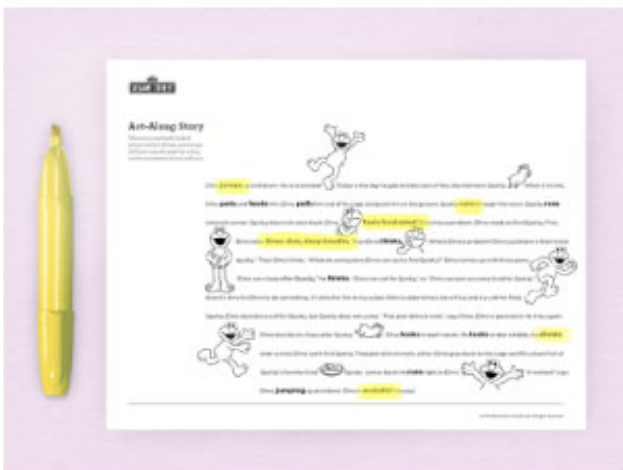
EXPLORE TOGETHER

Don't Give Up

Just like catching a ball, patience and persistence are skills kids can learn with practice.

Sing along! What new thing are you learning to do? Celebrate the small steps and the effort.

<https://sesamestreetincommunities.org/activities/dont-give-up/>



READ TOGETHER

An Act-Along Story

Children can build emotional vocabulary and practice ways to calm down as they act out this story.

Move along to the words in this story. How does Elmo solve his problem?

<https://sesamestreetincommunities.org/activities/act-along-story/>



PLAY TOGETHER

Good Morning, Superhero!

Sometimes we have to find strength from inside.

Model self-talk as you draw together. *When I'm frustrated and want to give up, I say to myself, "I believe in myself! I can do this!"*

<https://sesamestreetincommunities.org/activities/good-morning-superhero/>

FRIENDLY REMINDER

Please bring your Family Review Coloring Page to the next session. We'd like to know what you think of these materials. Thank you!



Patience & Persistence

Frustration is a powerful emotion that is very familiar to children. You can help them work through frustration with these strategies.

Introduce “Not Yet”

Let children know that just because they can't do something now, that does not mean they won't ever be able to do it. Teach them the phrase, “I just can't do it yet.” Remind them that learning something new takes time and practice. You might say, “Remember when you did not know how to button your shirt. You tried and tried and now you can do it all on your own!”

Breathe, Think, Do

When children have a frustrating moment, it can be difficult for them to find the tools to calm down. To help, teach them these steps:

- **Breathe:** Encourage children to slowly take three deep breaths.
- **Think:** Help children come up with some possible plans to solve their problem.
- **Do:** Together, choose a plan and try it out. If it doesn't work, try another.

A Great Wait

Patience pays off in all areas of life. A great time to practice patience is while you are waiting in line. Try creating a fun challenge like counting people in line or making up a story about something children see.

Embrace Mistakes

You can help children to be more persistent when you show them that mistakes are okay—in fact, they are an important part of learning. Let children see you make mistakes and stay positive after making them.






Act-Along Story

When you read each bolded action word or phrase, encourage children to participate by acting out the movement along with you.



Elmo **jumps** up and down. He is so excited! Today is the day he gets to take care of the class hamster, Spotty.  When it is time,

Elmo **pets** and **feeds** him. Elmo **pulls** him out of his cage and puts him on the ground. Spotty **runs** through the room. Spotty **runs**



around a corner. Spotty does not come back. Elmo **feels frustrated!** Elmo has a problem. Elmo needs to find Spotty. First,



Elmo takes **three slow, deep breaths**. Then Elmo **thinks**, "What's Elmo's problem? Elmo's problem is that he lost Spotty." Then Elmo thinks, "What are some plans Elmo can use to find Spotty?" Elmo comes up with three plans.




"Elmo can chase after Spotty," he **thinks**. "Elmo can call for Spotty," or, "Elmo can put out some food for Spotty."

Now it's time for Elmo to do something. It's time for him to try a plan. Elmo is determined. He will try and try until he finds

Spotty. Elmo decides to call for Spotty, but Spotty does not come. "That plan did not work," says Elmo. Elmo is persistent. He tries again.



Elmo decides to chase after Spotty. 

Elmo **looks** in each room. He **looks** under a table, he **climbs**

over a chair. Elmo can't find Spotty. That plan did not work, either. Elmo goes back to the cage and fills a bowl full of



Spotty's favorite food.  Spotty comes back! He **runs** right to Elmo. "It worked!" says

Elmo, **jumping** up and down. Elmo is **ecstatic!** Hooray!

Good Morning, Superhero!

Sometimes you have to work to find strength from inside. Stand straight and tall in front of a mirror. Put your hands on your hips. Together with a grown-up, call out any or all of these sentences:

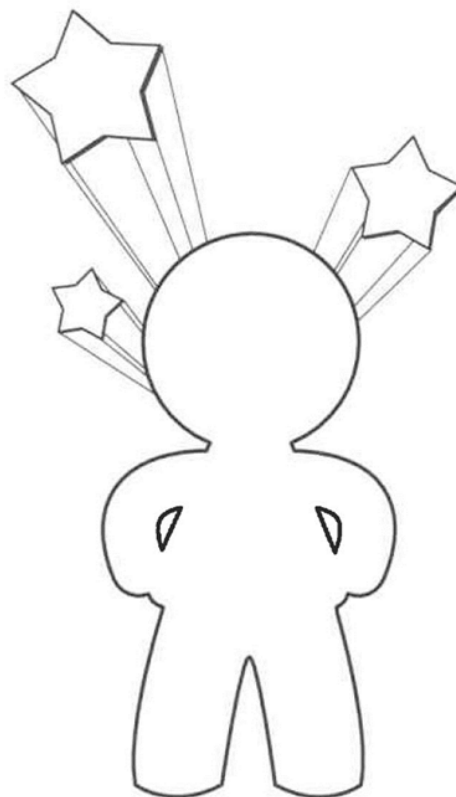
- » "I am strong and brave!"
- » "I have a family who loves me no matter what!"
- » "I know that love wins!"
- » "I respect others!"
- » "I believe in myself!"
- » "I have hope for the future!"
- » "If I fall down, I'll get back up!"
- » "My family will always help me!"

Now color in the shape next to Grover to look like you. Write down your own superhero sentences.

I _____ !





















I _____ !

Hang this page on your door. Remember every day that you are a superhero!



Our Family Review: Session 5, Everyday Challenges

What did you think of this session's materials?

	Thumbs up	Thumbs Down	Two Thumbs Up	Haven't Tried Yet
Parent Reading: Patience & Persistence				
Video: Elmo Doesn't Give Up!				
Video: Don't Give Up				
Book: An Act Along Story (Printable)				
Activity: Good Morning, Superhero!				

Our FAVORITE Sesame Strong resource this session was:

Because... _____

Our LEAST FAVORITE Sesame Strong resource this session was:

Because... _____

