



Hello Sesame Strong Family,

Here is your Sesame Strong Playlist for **Session 7: Helping Hands**.

**This Session's Big Idea:**

Comfort from a caring grown-up can help kids feel calm and protected.

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## Me Time



### Comfort Strategies

During tough times, grown-ups can help create a calm, familiar environment and build children's sense of security.

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

<https://sesamestreetincommunities.org/activities/comfort-strategies/>

## Together Time



### EXPLORE TOGETHER

#### Offering Comfort

Comfort and love can help children through everyday ups and downs, and bigger life events.

Reassure your child that you are there to love and help them no matter what.

<https://sesamestreetincommunities.org/activities/offering-comfort-topic-page-video/>



### EXPLORE TOGETHER

#### Comfy-Cozy Nest

When children learn to imagine their own “safe places,” they have a powerful coping strategy to use whenever they need it.

Alan notices Big Bird is having a hard time. How does he show Big Bird he cares and is listening?

<https://sesamestreetincommunities.org/activities/comfy-cozy-nest-video-provider/>



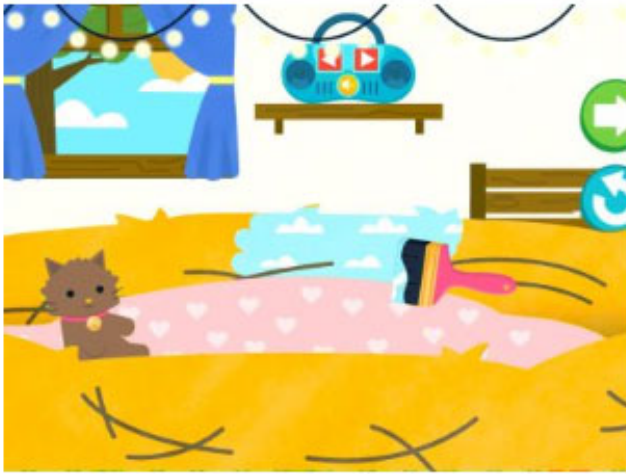
### READ TOGETHER

#### Comfy-Cozy Nest Storybook

Imagining a safe space inside can help calm big feelings.

Cuddle up and read the story together. What would you imagine in your safe place?

<https://sesamestreetincommunities.org/activities/comfy-cozy-nest-storybook-provider/>



#### PLAY TOGETHER

### Comfy-Cozy Nest Game

By “helping” Big Bird practice an important coping strategy, children can explore and rehearse it themselves.

Play this together when your child needs calming down, or anytime. Ask “What were some of the things you helped Big Bird do?”

<https://sesamestreetincommunities.org/activities/comfy-cozy-nest-interactive-2/>



#### PLAY TOGETHER

### Color Big Bird's Nest

A wordless activity like coloring can help reduce stress for children and grown-ups.

Sit quietly together, and color.

<https://sesamestreetincommunities.org/activities/coloring-big-birds-nest-provider/>

#### 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!



# Comfort Strategies

During tough times and stressful situations, children may feel as if their worlds have been turned upside down. But you can create a calm, familiar environment and build children’s sense of security.

## **Provide Reassurance**

Assure kids they are safe and cared for: “I know this is hard, but you are very brave. And people can be brave and scared at the same time. We’ll get through this together.” Comfort doesn’t always have to be offered with words: hold hands and hug often.

## **Model Healthy Ways of Coping**

In tough times, children look to adults to see how they should feel and react, so staying calm as much as possible helps. Let them know that it’s okay to have all different types of feelings, and that they can always talk to a parent or another grown-up about what they’re thinking and feeling. Saying something like, “I get scared/worried sometimes too and I know it can feel icky inside,” can help justify their feelings and reassure them that they are not alone.

## **Stick to Routines**

There’s always comfort in the familiar! Choosing at least one simple daily routine that kids can look forward to, such as singing the same lullaby at night, can give them a sense of control. If kids are struggling to carry out daily routines, it might help to hear something like, “Let’s put your worry on the shelf while we [take our afternoon walk, read a bedtime story, and so on]. Then we’ll pick it up again.” Setting aside a worry or fear can help put it into perspective and give them time to relax and enjoy something they like.





























## Big Bird's Nest

Before, during, or after coloring, try these ideas:

- Say, "Big Bird feels cozy and safe in his nest. Where do you feel safe?"
- Ask, "Would you like to have your very own nest? Why or why not?"
- Ask, "If you had a nest, what would you do there? What would you want in your nest?"
- Display your work at home!

# Our Family Review: Session 7, Helping Hands

What did you think of this session's materials?

	Thumbs up	Thumbs Down	Two Thumbs Up	Haven't Tried Yet
<b>Parent Reading:</b> Comfort Strategies				
<b>Video:</b> Offering Comfort				
<b>Video:</b> Comfy, Cozy Nest				
<b>Book:</b> Comfy, Cozy Nest (Printable)				
<b>Game:</b> Comfy, Cozy Nest				
<b>Activity:</b> Color Big Bird's Nest				

Our FAVORITE Sesame Strong resource this session was:

\_\_\_\_\_

Because... \_\_\_\_\_

Our LEAST FAVORITE Sesame Strong resource this session was:

\_\_\_\_\_

Because... \_\_\_\_\_

