

Lesson 6: Help Each Other

Content Area: Social Emotional Development

Books of The Day: Wilfrid Gordon McDonald Partridge by Mem Fox and My Color is Rainbow by Agnes Hsu

Poems and Songs: "These Are The Colors of the Rainbow"

Vocabulary Words of the Day: help, colors, care

Activities:

- a. Read the book, My Color is Rainbow by Agnes Hsu to your child. Point to the different colors that are introduced and describe the illustrations. As the child responds by moving and babbling, acknowledge their actions. ***This helps your child understand that their actions illicit responses and you are introducing new words.***
- b. Use a collection of rainbow ribbons to reintroduce the colors that were mentioned in the book. ***This helps your child develop motor skills and work to follow the ribbons with her eyes.***

Materials Needed:

- a. My Color is Rainbow by Agnes Hsu
 - b. a collection of ribbons (red, pink, orange, green, yellow, blue, purple)
- Lyrics to "These Are The Colors of the Rainbow"
- Red and yellow and pink and green,
purple and orange and blue.
These are the colors of the rainbow,
these are the colors of the rainbow,
these are the colors of the rainbow.
Now you can sing them too.

Opportunities for Interaction:

- As you read the book, name the colors and label what is happening in the illustrations. Describe the significance of the different colors and the emotions that it is associated with each.
- Introduce a sensory play activity after you read the book. With your collection of rainbow ribbons, wave them gently in front of your child as she lies down on her back. Your child may try to reach and grab a ribbon or your child may look at the ribbon following it with her eyes.
- Encourage your child to reach for and touch the ribbon. Help your child by gently waving the ribbon close enough for your child to grasp it. Praise your child when she catches the ribbon.
- Recite the song, "These Are the Colors of the Rainbow," for your child. You can use the rainbow ribbons as you sing the song too.

Standards/ Learning Outcomes:

- ✓ Communication
- ✓ Listening
- ✓ Shows interest in and awareness of others and self

Birth to 18 months:

a. Introduce the *Help Each Other* video.

b. Read the book My Color is Rainbow by Angela Hsu to your child. Use your voice as a tool to show the emotion as you introduce the colors. ***This helps your child understand that words have meaning.***

c. Re-read My Color is Rainbow to your child. After you read, work together to paste the collection of squares onto the arch. ***This helps your child understand and follow sequences and simple directions. This is also a time to share observations again about the strengths of the colors.***

a. The *Help Each Other* video. collection of pictures of family members (mother, father, child, other family members) that are printed or on your phone that the child can point to as you name family members.

b. My Color Is Rainbow by Agnes Hsu

c. glue, white construction paper cut into the shape of an arch, a collection of small construction paper squares in red, orange, yellow, green, and blue,

- Explain to your child what is happening in the video. The potatoes learn why it is important to help each other and use kind words." Explain that members of the family help each other to learn and practice healthy habits.

Talk about ways that family members can be helpful. Show the child photos of your family members and explain how you help each other stay safe, choose health, and how they are helpful.

- As you read the book, name the colors and label what is happening in the illustrations. Describe the significance of the different colors and the emotions that it is associated with each.

- Remember, it is not important to paste the same colors in a straight line, instead focus on helping your child practice his pincer grasp (the pinching movement) to pick up the squares and paste them.

You should emphasize the color words of the squares that your child picks up. "I see that you are pasting the red square onto Little Arch."

Use, "Where is," and "Show me..." questions. For example, "Where is the red square? Point to the yellow square. Show me a blue square."

- ✓ Communication
- ✓ Vocabulary
- ✓ Responds to and interacts with others

a. Introduce the *Help Each Other* video.

b. Read My Color is Rainbow by Angela Hsu to your child. Use your voice as a tool to show the emotion as you introduce the colors. ***This helps your child understand that words have meaning.***

c. Using a stuffed animal, talk with your child about the importance of caring for pets. People help feed, bathe, and keep the pets safe. ***This activity will help your child understand that we have the power to care for and help other animals and humans.***

a. The *Help Each Other* video.

b. My Color is Rainbow by Agnes Hsu

c. a stuffed animal (i.e. dog or cat) or a baby doll

- Explain to your child what is happening in the video. The potatoes learn why it is important to help each other and use kind words." Explain that members of the family help each other to learn and practice healthy habits.

Talk about ways that family members can be helpful. Show the child photos of your family members and explain how you help each other stay safe, choose health, and how they are helpful.

- Talk about the sequence of events in the book. "I see the color blue. In the story, Little Arch needed calm and peaceful time." Model for your child what you look like when you are calm and peaceful.

As you read the book, name the colors and label what is happening in the illustrations. Describe the significance of the different colors and the emotions that it is associated with each. Act out different emotions.

- Talk with your child about how pets like dogs, cats, and fish need their owners' help to live.

Babies need help from their parents and caregivers to be fed, changed, and bathed too. Talk with your child about how you help them daily.

- ✓ Communication
- ✓ Language
- ✓ Literacy
- ✓ Begins to recognize and respond to the feelings and emotions of others and begins to show concern

a. Introduce the *Help Each Other* video.

b. Read the book, Wilfrid Gordon McDonald Partridge by Mem Fox, with your child. Talk about the little boy and emphasize who he helped and why. ***This helps your child understand that young children can be helpful.***

c. Model “calm down” strategies for your child. ***This helps your child understand and recognize his own strong emotions and gives him tools for managing them.***

a. The *Help Each Other* video.

b. Wilfrid Gordon McDonald Partridge by Mem Fox

c. paper, crayons

- Explain to your child what is happening in the video. The potatoes learn why it is important to help each other and use kind words.” Explain that members of the family help each other to learn and practice healthy habits.

Explore ways that you can involve your child with simple chores at home. Work together as you sort the laundry, wipe up a mess, pick up shoes, or pick up toys and books. Praise your child for helping you and acknowledge how hard he works.

- Do a picture walk as you share the cover, title, author and illustrator and as you browse through pictures. Explain for your child how Wilfrid helps other characters in the book.

- When your child is upset, model for her how she can soothe herself. She can take deep, slow breaths. “Breathe in deeply and rest your hands on your stomach. Watch your hands move up and down and we can count the number of breaths.”

Encourage her to draw a picture of what happened to make her upset. Write her words down as you talk about the scenario.

Preschool Texas Essential Knowledge and Skills (Prekindergarten TEKS):

- ✓1.B.2.a Child begins to understand difference and connection between emotions/feelings and behaviors

a. Introduce the *Help Each Other* video.

b. Read the book, Wilfrid Gordon McDonald Partridge by Mem Fox, with your child. Talk about the little boy and emphasize the characters he helped and how he was helpful. ***This helps the child understand that young children can be helpful.***

c. Co-create a list of ways that children can help adults or other children. Talk about words they can use and behaviors they can practice. ***This helps the child understand that they can be helpful.***

a. The *Help Each Other* video.

b. Wilfrid Gordon McDonald Partridge by Mem Fox

c. paper, pencil

- Explain to your child what is happening in the video. The potatoes learn why it is important to help each other and use kind words. Talk about, "Who do they help?" (They help each other and their mother and father) "How do they help?" (They choose words correctly; They help each other do what's right and make good choices)

- Do a "picture walk" as you share the cover, title, author and illustrator and browse through a few pictures.

Ask your child questions about the Wilfrid and his actions.
 "How was Wilfrid helpful?"
 "Have you ever helped someone? Tell me about it."

- Co-create a list of ways that children can help adults. Create a second list of ways that children can help other children. Model how people can help each other. As you observe your child practicing helpful ways, mark the action on your list. Talk with your child about what you observe and how it makes you feel.

Preschool Texas Essential Knowledge and Skills (Prekindergarten TEKS):

✓ (I.C.6) Child demonstrates empathy and caring for others.

Special Needs:	<p>a. Take turns blowing bubbles with your child. Explain to your child that you will work together. You will blow bubbles with the wand and she can pop the bubbles or work to catch them. <i>This activity helps your child to track the bubbles with her eyes and then use her motor skills to pop or catch them.</i></p>	<p>a. bubbles, bubble wands</p>	<ul style="list-style-type: none"> • Work together with your child to play with bubbles. You can take the lead to blow the bubbles and your child can work to track the bubbles and then work to pop or catch them. Praise your child for her attempts and her successes at catching or popping the bubbles. • Introduce turn taking to your child. "I will blow bubbles with the wand first. Then you will pop the bubbles in the air. Next, you can blow bubbles and then I will try to pop them with my fingers." 	<ul style="list-style-type: none"> ✓ Eye tracking ✓ Motor movements ✓ Turn taking
Family Assignment:	<p>At home, work together to do household chores. Speak with your child about the importance of keeping the house safe and clean. Talk about personal space and shared spaces. Encourage your child to help you and your family members with chores like shopping for groceries, putting away groceries, sorting laundry, cleaning up toys and books, or wiping up spills. Talk with your child about we can each help to create shared spaces that are safe and healthy for all family members. To do so, we need to be mindful of our words and actions. Littering and creating messes affect our shared spaces in a negative way. Practice healthy habits.</p>			
Resources:	<ul style="list-style-type: none"> • For the <i>Help Each Other</i> video and additional activity ideas, visit: www.klrn.org/healthy-kids • <u>101 Games and Activities for Children with Autism, Asperger's, and Sensory Processing Disorders</u> by Tara Delaney, M.S., OTR 			