

Self Confidence

Videos Resources

[Gymnastic Tryouts \(Arthur\)](#)

[Sandcastle Competition \(Pinkalicious & Peterrific\)](#)

[Evan Layscek: Confidence \(Sesame Street\)](#)

[The Fastest Fetcher \(Donkey Hoodie\)](#)

Digital Games to share with families

[Daniel Tiger’s Classroom Helpers \(Daniel Tiger\)](#)

Resources for Classroom Use

Confidence Simon Says

To start the game, the grown-up is Simon, and kids are the players (followers). Describe an action using the words “I’m confident I can....” For example: I am confident I can touch my toes. I am confident I can jump on one foot. I am confident I can wiggle my fingers. Sometimes describe an action without including “I’m confident I can....” I can touch the top of my head. I can wave an arm in the air. The idea is for kids to REPEAT Simon’s actions when you say, “I’m confident I can....” But they DON’T REPEAT Simon’s actions when you only give the action without the magic words, “I’m confident I can....” such as, “I can touch my toes.” Let your child try being Simon when they are ready.

Books to share with families

- Giraffes Can’t Dance by Giles Andreae
- Hair Love by Matthew A. Cherry
- The Day You Begin by Jacqueline Woodson
- All by Myself by Mercer Mayer
- Big Enough to Help (A Daniel Tiger Book) by Becky Friedman



Emotions

Videos Resources

[Song and dance: Baile \(Sesame Street\)](#)

[Who Doesn't Like Glitter \(Pinkalicious & Peterrific\)](#)

[Alma on Ice \(Almas Way\)](#)

[Elmo and Abby Cooperate \(Sesame Street\)](#)

[Almas Movie Night \(Almas Way\)](#)

Digital Games to share with families

[Sesame Street: Elmo's School Friends](#)

[Daniel Tigers Neighborhood: Birthday Buddy](#)

Resources for Classroom Use

Feelings Game

Using the attached Feeling Faces place them face up on the ground. Have the class take turns tossing a bean bag (or something similar) to land on a face. Identify that feeling and ask questions like, what does your face look like when you feel that way? How can you tell when someone else feels that way? Ask the child to tell of a time they felt that way.

Books to share with families

- Have You Filled a Bucket Today? By McCloud and Messing
- Chrysanthemum by Kevin Henkes
- How Kind! By Marty Murphy
- Daniel Chooses to Be Kind by Rachel Kalban
- Hug by Jez Alborough



Responsibility

Videos Resources

[That's Cooperation \(Sesame Street\)](#)

[Floataway Squee \(Jelly, Ben and Pogo\)](#)

[Looking for Litter \(Almas Way\)](#)

[The Pokey Plant Day! \(Elinor Wonders Why\)](#)

Digital Games to share with families

[Splash and Bubbles: Help our Kelp](#)

[Sesame Street: Abby and Elmo's Potty Plan](#)

[Daniel Tiger's Neighborhood: Classroom Helpers](#)

Resources for Classroom Use

Responsibility

Give each child a piece of a puzzle. Ideally the puzzle should have the same number of pieces as student. Talk about why you need all the pieces. What happens if a piece is lost? Have students take care of their piece, for some amount of time (maybe 10 minutes). Then come together to build the puzzle. Talk about it meant to be responsible with the pieces. Talk about what that looks like. Why was it important for everyone to do their part?

Books to share with families

- Fredrick by Leo Leonni
- I Just Forgot by Mercer Mayer
- How Dinosaurs Clean Their Room? By Jane Yolen
- Good People Everywhere by Lynea Gillen
- What If Everyone Did That? By Ellen Javernick



Perseverance and Persistence

Videos Resources

[I Tried \(Try Again\) Sesame Street\)](#)

[Hoof Dancing \(Donkey Hodie\)](#)

[Beatbox Big Time \(Almas Way](#)

Digital Games to share with families

[Donkey Hodie: Donkeys Froyo Stand](#)

[Almas Way: Party at Alma](#)

[Almas Way: Bop or Pop!](#)

[Donkey Hoodie: Speedy Delivery](#)

Resources for Classroom Use

Ball and Spoon Relay Race

Have students balance a ball or other object on a spoon. Walk a short distance and practice transferring the ball to another student

Books to share with families

- What DO You Do With an Idea? By Kobi Yamada
- Emmanuel's Dream: by Laurie Ann Thompson
- I Believe I Can by Grace Byers
- Amy Wu and the Perfect Bao by Kat Zhang

