

DO THIS AT HOME
Pass the Message Baton

Try this activity at home to reinforce what your child learned about helping play a role in building a partnership.

What Your Child Will Learn

Children feel good about themselves when they know that adults have confidence in their ability to carry out tasks. In this activity, your child will learn that she plays a role in helping build a strong system for family communication. Her involvement in this effort will help her feel a sense of accomplishment and develop her self-esteem—two skills directly related to resilience.

Materials Needed

empty container (with safe, smooth edges)
permanent markers
stickers

What to Do

- ▶ Explain to your child that together you will make a fun carrier for information that is important to share in the family. Show your child the container and demonstrate how notes can be rolled up and placed inside it.
- ▶ Provide your child with permanent markers in different colors.
- ▶ Work with your child to print the names of everyone in your family on the empty container. Your child can also add other decorative elements if she chooses.
- ▶ You now have a creative carrier for your family to use to pass information back and forth. Use this system to share papers and to let family members know when you want to make plans together!



*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.