

# Welcome; Picture Yourself/Your Family

## Session 1 Supply List:

### Basic Supplies:

Masking tape  
 Colored construction paper  
 Magic Markers  
 Stickers  
 White drawing paper  
 Crayons  
 Duct tape

### Equipment:

Flip chart (optional)

### Other:

Snacks for children and parents

### Materials that need to be made:

Chart with Group Rules  
 Dynamic Doer's Chart

### Learning Center Materials:

- Building and Construction: Lego's, Lincoln Logs, cardboard bricks, etc.
- Books and Reading: Books magazines, etc.
- Arts and Creativity: Magic markers, crayons, paint, butcher block paper, construction paper, glue, scissors
- Dress-Up and Costume: Pretend clothes, costumes, etc.

## Session 1 Agenda:

Activity	Time	Required Materials
1.1 Welcome	10 Minutes All children together	Masking tape, colored construction paper, magic markers
1.2 Welcome to the Nurturing Group	20 Minutes All children together	None
1.3 Picture Yourself/ Your Family	20 Minutes	Paper, crayons
1.4 Family Nurturing Time: Feeling Song	20 Minutes	Snacks and Beverages
1.5 Circle Time: Making Rules	20 Minutes	Chart for Group Rules, Dynamic Doer's Chart, stickers, duct tape
1.6 Red Light, Green Light	15 Minutes	Large area free of obstacles
1.7 Learning Center Time	10 Minutes	See supply list
1.8 Closing and Good-bye	10 Minutes	None

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**Activity 1.1****Welcome**

Time

10 Minutes

Construct

Self-Awareness

Materials

Masking tape, colored construction paper, magic markers

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**Teaching Goal:**

To create a warm, friendly first impression of the group.

**Procedures:**

1. Before the children arrive: Using construction paper cut out a number of squares, approximately 2" x 3".
2. Welcome children to the program. A warm, friendly, encouraging response will serve well to relieve anxiety.
3. As children enter the room, greet each child warmly and ask each child to choose the color square they like the best for their name tag.
4. Using a magic marker, have the child print their name on the colored square, or print it for them.
5. Attach the name tag to the child using masking tape folded over.

**Notes and Suggestions:**

1. Begin to call children by their first names.
2. Choose a dark color magic marker to print the names of the children.
3. Use volunteers and staff to supervise children at the Learning Centers.
4. Mention to the children that there are Learning Centers in the room that they can play in while the remaining children arrive for the first session.
5. When all the children have arrived, gather them in a large circle and begin to explain the program. See Activity 1.2

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**Activity 1.2      Welcome to the Nurturing Group**

Time                    20 Minutes  
Construct            Self-Awareness  
Materials            None

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**Teaching Goal:**

To explain the format of the program.

**Procedures:**

1. Encourage brothers and sisters to sit together in the circle. Younger children may be a bit clingy, hanging on to their siblings. Be supportive.
2. Introduce yourself and the other adults in the group. Have each adult briefly tell a little something about themselves.
3. Briefly explain that while the children attend their group, their parents are in the other room (explain where) and that everyone will be together during Family Nurturing Time.
4. Mention that everyone will have a chance to introduce themselves. Have each child respond to the following:

**My name is \_\_\_\_\_.**

**I am \_\_\_\_ years old.**

**I have \_\_\_\_ brothers and \_\_\_\_ sisters.**

Have the children identify their brothers and sisters if they are also attending the group.

5. Explain the purpose, format and specifics of the program and group:
  - a) Purpose: For parents and their children to learn better ways to live together.
  - b) Name of the Program:
    1. Explain the name of the program is called “Nurturing”. Ask for volunteers to tell the group what the word “Nurturing” means. Explain:  
***Nurturing means to do things to yourself, others, animals, and the environment that are nice. Nurturing means to care; to respect yourself, others, and the environment.***
    2. Ask children to share examples of “nurturing” others, animals, things, and themselves. Explain that their parents are learning ways to be nurturing parents; they’re going to learn to be nurturing children.
  - c) Specifics: Call attention to the four Learning Centers in the room. Explain the purpose of the Learning Centers.
    1. During free time, the children can choose to play at any of the four Learning Centers.
      - a. Building and Construction
      - b. Books and Reading
      - c. Arts and Creativity
      - d. Dress-up and Costume

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## Activity 1.2      Welcome to the Nurturing Group

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2. Older and younger children will practice sharing. At times, the older children may need to help the younger children.

d) Format:

1. Explain that the big group will be divided into two smaller groups: one for children 3 to 5 years old and one for the younger children. Having two smaller groups will help children learn better than having one large group.
2. Mention that the group meets once a week at the same time and at the same place for 16 weeks.
3. Mention that at every session the children will get together with their parents to have a snack time. The snack time is called the Family Nurturing Time. During this time, the grown-ups and children will play, sing songs, and have drinks and snacks.

e) Expectations:

1. Everyone is expected to come to Group each week, participate in the activities, and to get along and be kind to others.
  2. Children are also expected to practice in school and at home, what they are learning in Group
6. There is probably more information than most kids can remember or care to remember. But ask anyway if there are any questions.
7. Answer any questions or clarify any confusion, and support any anxieties.

### Notes and Suggestions:

1. Having a flip chart with pictures of some of these points would probably be a big help.
2. Be careful not to make the presentation of this material sound like a boring lecture. Add some pizzaz.

## Communicating How “I” Feel

### Session 3 Supply List:

**Basic Supplies:**

Large sheets of white paper  
 Strong flashlight/lamp  
 Chalk  
 Crayons/magic markers  
 Tape  
 Pencil  
 Magazines  
 Clay  
 Scissors  
 Rug or mat  
 Cookie cutters  
 Puppets  
 Construction paper  
 String  
 Safety pins

**Equipment:**

Blackboard

**Other:**

Snacks for children and parents

**Materials that need to be made:**

None

**Learning Center Materials:**

- Building and Construction: Lego’s, Lincoln Logs, cardboard bricks, etc.
- Books and Reading: Books magazines, etc.
- Arts and Creativity: Magic markers, crayons, paint, butcher block paper, construction paper, glue, scissors
- Dress-Up and Costume: Pretend clothes, costumes, etc.

### Session 3 Agenda:

Activity	Time	Required Materials
3.1 Hello Time: Good Morning Farm	20 Minutes	None
3.2 Circle Time: “I” Messages	20 Minutes	Puppets (optional), blackboard and chalk or large sheet of paper and marker
3.3 Silhouettes and Clay	20 Minutes	Large sheets of white paper, strong flashlight or lamp, magic markers, crayons, tape, pencil, magazines, clay, cookie cutters
3.4 Family Nurturing Time: Here’s One Foot	20 Minutes	Snacks and beverages
3.5 Puppet Power “I” Messages	20 Minutes	Puppets
3.6 I’m Someone Special	20 Minutes	Construction paper, string, safety pins, magic markers, scissors
3.7 Learning Center Time	10 Minutes	See supply list
3.8 Closing and Good-bye	10 Minutes	None

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**Activity 3.1**      **Hello Time: Good Morning Farm**

Time                      20 Minutes  
Construct                Developmental  
Materials                None

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**Teaching Goal:**

To increase social interactions among children.

**Procedures:**

1. Have the children sit in a circle on the floor.
2. Explain to the children that today we are going to pretend we're all animals. Have everybody choose an animal they want to be.
3. When the group asks you, "Good morning Mr. (or Miss) Animal, how are you today?" each child is to say good morning and how they feel. The catch is, they have to give their response as the animal and the group has to guess the animal.

Example: If a child chooses to be a monkey, when the group says, "Good morning Mr. Animal, how are you today?" the child would act like a monkey, tell the group good morning, and how they feel. The others would then try to guess the animal.

**Notes and Suggestions:**

There may be a tendency to pay more attention to the kind of animal rather than to how the child is feeling. Reinforce the communication of feelings.

\* Change the time of day if the group is meeting in the afternoon or evening.

# Hurting Touch and Gentle Touch

## Session 7 Supply List:

### Basic Supplies:

4-5 large pie plates  
 Tempera paint (4-5 colors)  
 Butcher block paper  
 Bucket of water with detergent  
 Paper towels  
 Rags  
 Nurturing Coloring Books  
 Magic markers  
 Crayons  
 Puppets  
 Old magazines  
 Paste  
 Scissors

### Equipment:

CD and CD player (music)

### Other:

Snacks for children and parents

### Materials that need to be made:

None

### Learning Center Materials:

- Building and Construction: Lego's, Lincoln Logs, cardboard bricks, etc.
- Books and Reading: Books magazines, etc.
- Arts and Creativity: Magic markers, crayons, paint, butcher block paper, construction paper, glue, scissors
- Dress-Up and Costume: Pretend clothes, costumes, etc.

## Session 7 Agenda:

Activity	Time	Required Materials
7.1 Hello Time: Happy/Sad	15 Minutes	None
7.2 Circle Time: Hurting Touch and Gentle Touch	20 Minutes	Puppets (optional)
7.3 Putting Our Best Foot Forward and Coloring Books	25 Minutes	4-5 large pie plates, tempera paint (4-5 colors), butcher block paper, 1 bucket of water with detergent, paper towels, rags, Nurturing Coloring Books
7.4 Family Nurturing Time: Here's One Foot	20 Minutes	Snacks and beverages
7.5 Puppet Power: Touching, Talking and Using Personal Power	20 Minutes	Puppets
7.6 Dancercise	15 Minutes	Music CDs, CD player
7.7 Giant Self-Drawing	20 Minutes	Butcher block paper, magic markers, crayons, old magazines, paste, scissors
7.8 Closing and Good-bye	10 Minutes	None

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**Activity 7.1      Hello Time: Happy/Sad**

Time                    15 Minutes  
Construct            Self-Awareness  
Materials            None

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**Teaching Goal:**

To increase children's awareness of self and others.

**Procedures:**

1. Assemble the children in a circle sitting on the floor. Welcome them to the group by demonstrating how excited you are to see them.
2. Mention that today in Hello Time they will get a chance to talk about how they are feeling and things that make them happy and sad. Begin by having the group say, "Hello (name), how are you feeling today?" to each child going around in a circle. (You may want to remind the children about being good listeners.)
3. After each child responds to how they are feeling, ask them to complete the following sentences:

**I am the happiest when \_\_\_\_\_.**

**I am the saddest when \_\_\_\_\_.**

4. Encourage a brief discussion to each response by reflecting their responses with their feelings.

**Notes and Suggestions:**

Happy/sad feelings should be easy for children to identify. You may want to use the happy/sad Feeling Faces as props.