



Parent and Child Home Sweet Homework

Parents are the most powerful force in a child's life. The Parent and Child Home Sweet Homework sheets are designed to inform them of what their children are learning and to invite them to participate in their children's education. Encouraging parent participation at the very beginning of the educational process helps ensure parents' continued involvement in the schools, their communities, and most important, their children's lives.

The following pages include one sheet for each of the nine chapters in this book. The sheets should be copied and sent home with the child. After parents complete the assignment with their child, they sign and return it.

There is also a sheet called Television Literacy for Preschoolers that can be sent home with the children but does not need to be signed or returned by parents. The main purpose of this sheet is to inform parents of the American Academy of Pediatrics' recommendations regarding television viewing time for young children. The sheet also encourages parents to evaluate the content of the child's viewing.

After all the homework assignments are complete, each child can design a cover and staple it to the sheets, making a keepsake. The booklet will also serve as a reminder of some of life's most important lessons. Feel free to use the letter on the next page to communicate with the families.



Dear Parent or Guardian,

This is a worksheet for you and your child to complete together. We want you to know what we are learning about, and we invite you to participate.

With your child, please complete the assignment, sign it, and return it. Your child will make a book out of all the worksheets once they are completed.

Thank you!

Teacher or caregiver's signature

1

Creating Calm

When children feel calm, they are more likely to make positive choices and will feel genuinely good about themselves. Taking a few minutes out of your day to calm down with your child is well worth it. Please complete the assignment, sign, and return.

Assignment

Circle the things that you already do, or are willing to try to do, together.

- “Freshersize.” Combine fresh air and exercise in outdoor play with your child.
- Slowly count to ten when someone feels stressed.
- Breathe deeply five times.
- Whisper while you read a story to your child.
- Make up a secret handshake or silly dance that signals “I love you.”
- Bend, stretch, and reach for the stars ten times.
- Splash your face with cool water to feel refreshed.
- Create a ritual like a tea party to connect with your child and talk about the day.
- Gaze at the night sky before going to bed. Pick out a star and make a wish.
- Turn off all electronic media at least one hour before your child’s bedtime.
- Talk about good and bad feelings without judging. Say, “Tell me more.”

Please sign:

Parent’s signature

Child’s signature

2

Love

A child's understanding of love can be built on healthy adult relationships he or she observes. Please complete the assignment, sign, and return.

Together with your child, commit an act of kindness by helping someone else. In the space provided, write down what you did.

Please sign:

Parent's signature

Child's signature

3

Feelings and Empathy

When we talk about our feelings, it helps us understand each other.
Please complete the assignment, sign, and return.

List your and your child's responses to what makes you feel:

HAPPY

You:

Your child:

SAD

You:

Your child:

ANGRY

You:

Your child:

EXCITED

You:

Your child:

Please sign:

Parent's signature

Child's signature



4

Gentleness

Being gentle is a way to show we love each other. Please complete the assignment, sign, and return.

Assignment

Agree to hug each other every day.

Please sign:

Parent's signature

Child's signature



6

Self-Control

Everybody feels angry sometimes. What we do with our angry feelings is very important. Please complete the assignment, sign, and return.

Assignment

Together with your child, circle the things we can do when we're angry, and cross out the things we shouldn't do when we're angry.

Talk about how you feel

Hit someone

Count to ten

Breathe deeply

Go to another room

Throw things

Take a bath

Call someone names

Please sign:

Parent's signature

Child's signature



7

Friendship

Friends care and share. Friends help and listen to each other. They share toys, take turns, and have fun together. Please complete the assignment, sign, and return.

Assignment

Ask your child for the names of his or her friends at school, and write them here.

Practice sharing. Write about something you shared.

Please sign:

Parent's signature

Child's signature

Conflict Resolution

If we learn at an early age that conflicts can be resolved, then we will be more prepared to cope with our problems as adults. Every home should have a special place where the family can sit down together and think of ways to solve problems. There, everyone must agree to be a good listener, to be honest, and to try to cooperate. Please complete the assignment, sign, and return.

Assignment

Choose a problem-solving place in your home. Write down where it is.

Please sign:

Parent's signature

Child's signature

Visualization

When we close our eyes and make pictures in our minds, we are visualizing. Visualizing can help us learn and be creative. Please complete the assignment, sign, and return.

Assignment

Ask your child to get into a comfortable position, relax, and close his or her eyes. Slowly, clearly, and calmly read the following script to your child.

Breathe in. (Pause) Breathe out. (Pause) Breathe in. (Pause) Breathe out. (Pause) Relax. (Pause)

It's a very sunny, peaceful day. Let's go for a walk to a park. The park has green grass. Look at the colorful flowers. Listen to the birds singing. There are a lot of tall trees. The sky is blue and the sun is bright. There is even a pond with a family of ducks swimming in it.

Now you run, play, laugh, and enjoy breathing the fresh air and being outside. (Pause) Time to go home. But we'll come back another day.

Your child can slowly open his or her eyes now. Ask your child to draw a picture of the park on the back of this worksheet.

Please sign:

Parent's signature

Child's signature

Television Literacy for Preschoolers

Dear parents,

We would like you to know what the American Academy of Pediatrics recommends about your child’s television viewing time. Here is their statement:





The first two years of your child’s life are especially important in the growth and development of her brain. During this time, children need positive interaction with other children and adults. This is especially true at younger ages, when learning to talk and play with others is so important.

Until more research is done about the effects of screen time on very young children, the American Academy of Pediatrics strongly discourages television viewing for children ages two years old or younger, and encourages interactive play.

For older children, the Academy advises no more than one to two hours per day of educational, nonviolent programs, which should be supervised by parents or other responsible adults in the home.

Teach preschool children to recognize and choose nonviolent TV programs. List the names of TV programs your child watches. Together, circle the appropriate face depending on the value of the program content. Help children understand what violence means by explaining that it is someone getting hurt.

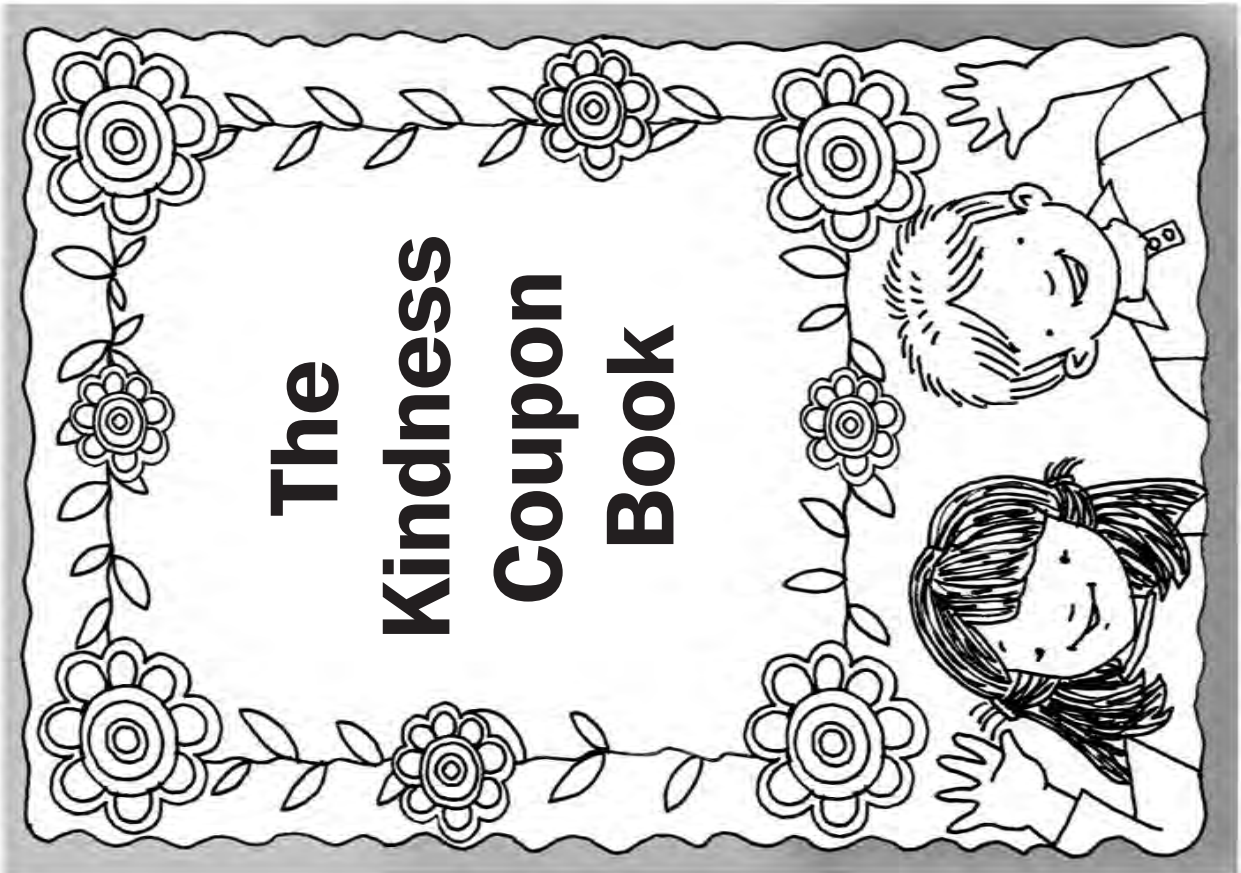
You do not need to return this sheet, but please continue to monitor your child’s screen time, including television, computers, and video games.

Name of TV Show		 
		 
		 
		 
		 



Appendix A: Reproducible Forms

1. The Kindness Coupon Book
2. Blank Face Picture
3. Six Feeling Faces
4. My Day at School
5. Helping Hands Pledge
6. Kid Cards



**Good for
one butterfly
kiss or
air kiss**



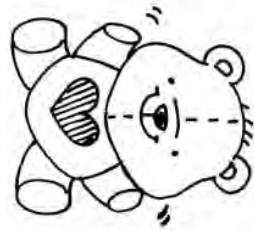
✂ Cut Out Coupon ✂

**Good for
a clean
room**



✂ Cut Out Coupon ✂

**Good
for one
bear hug**



✂ Cut Out Coupon ✂

**Good
for
sharing**



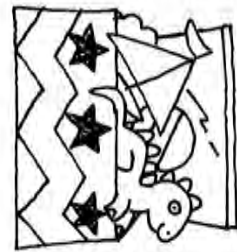
✂ Cut Out Coupon ✂

**Good for 15
minutes of
quiet play**

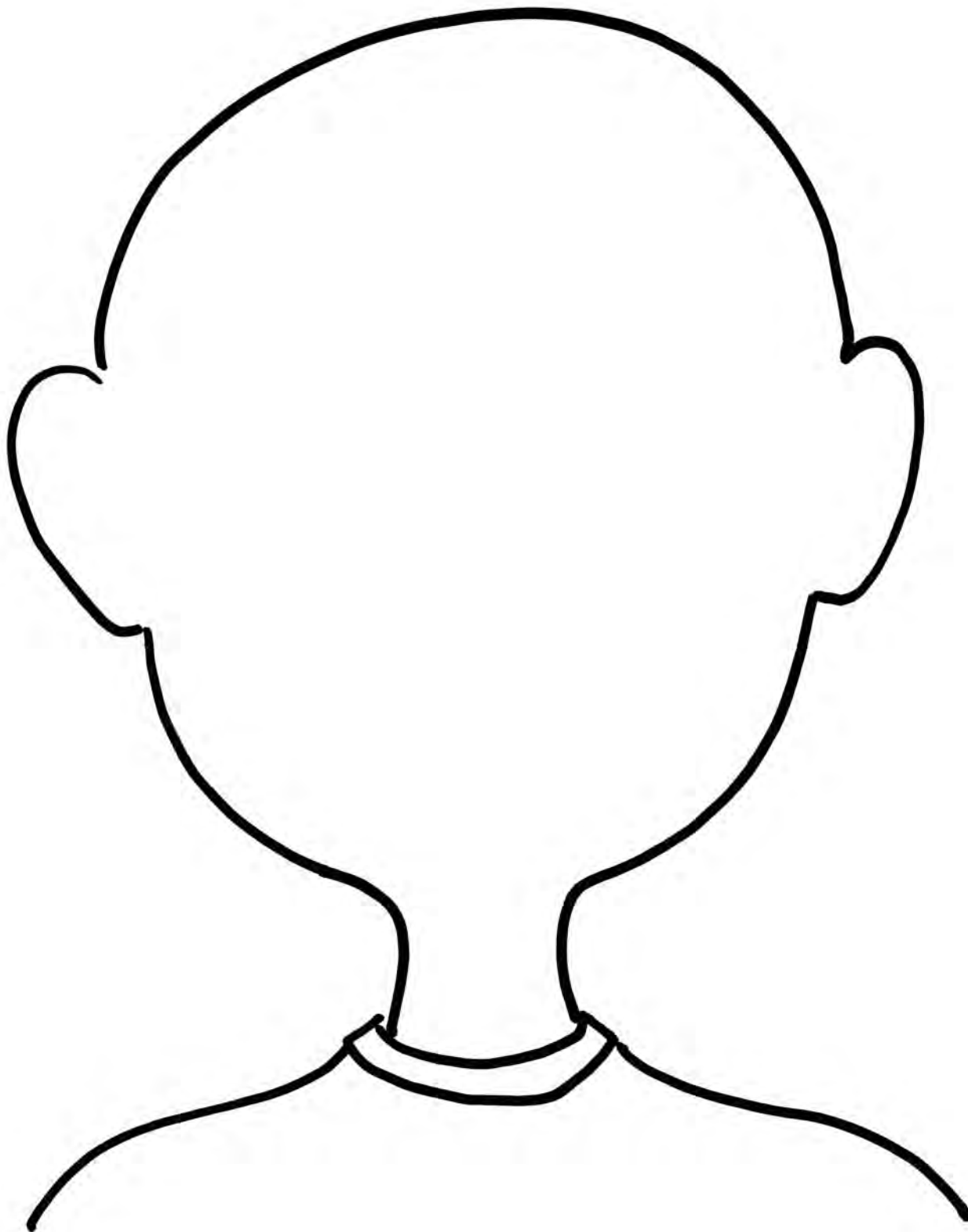


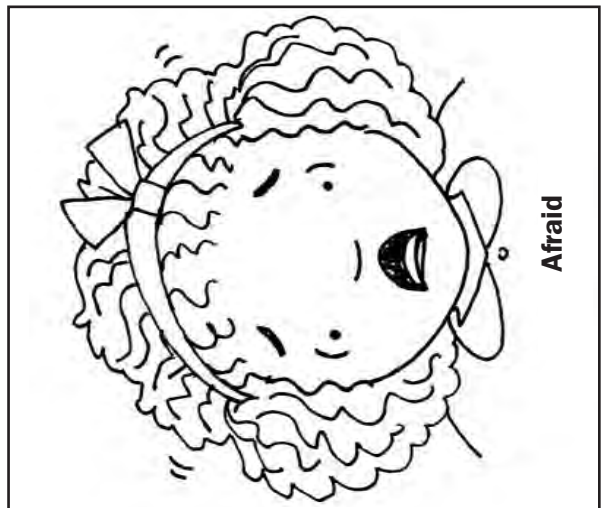
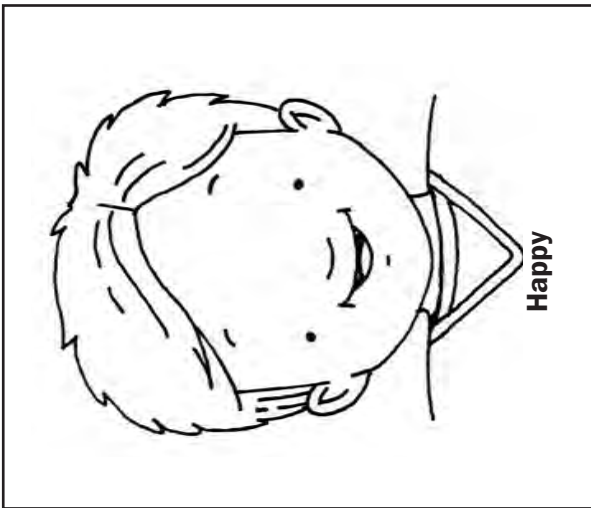
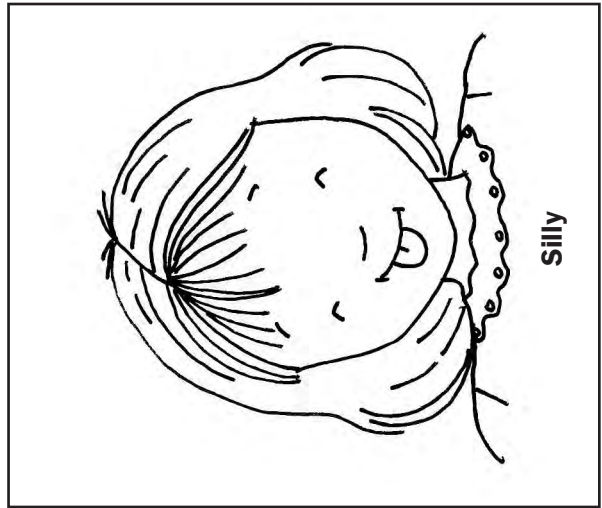
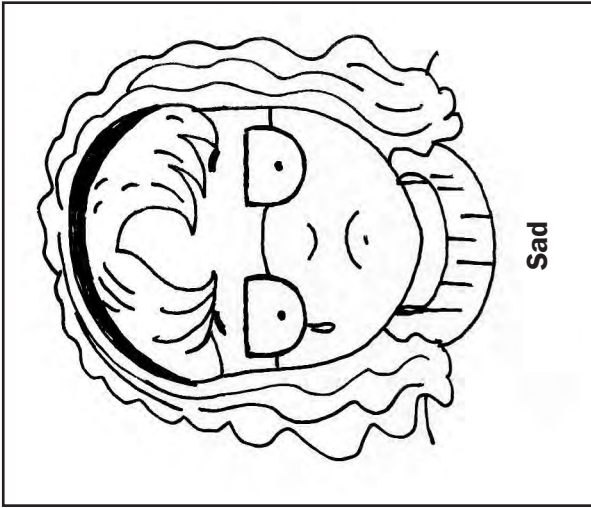
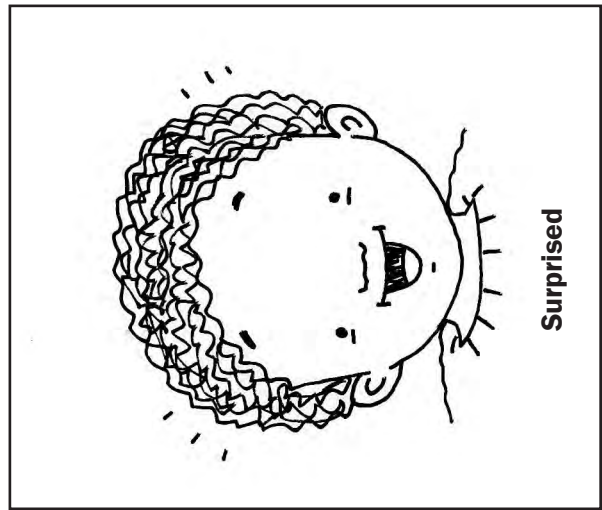
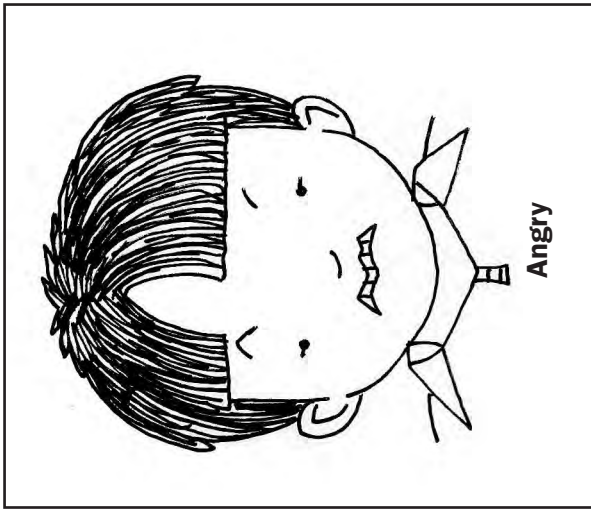
✂ Cut Out Coupon ✂

**Good for
picking
up toys**



✂ Cut Out Coupon ✂








My Day at School


Name: _____ Today's date: _____

I am trying to: _____

Goal

The good news is: _____

					
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Comments: _____

Signature: _____

Parent or Guardian

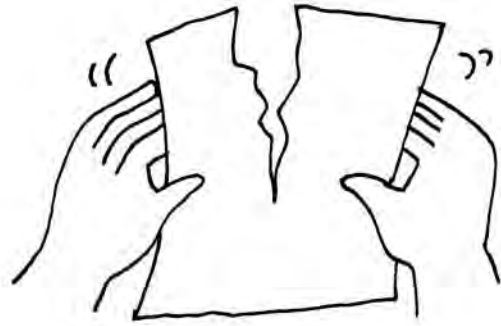
Helping Hands Pledge

I pledge to use my hands for helping.

Child's name



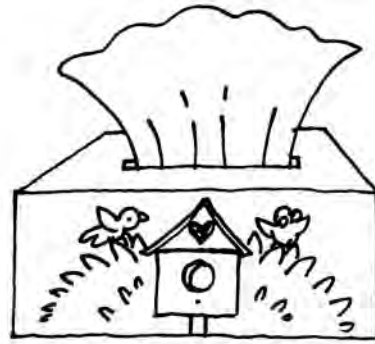
take a time out



tear paper



cry awhile



get a tissue



pound drums



stomp feet



break sticks



roll around



jump



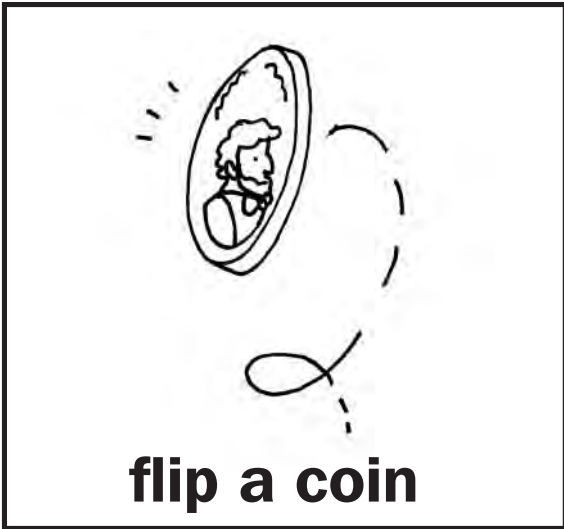
share



trade



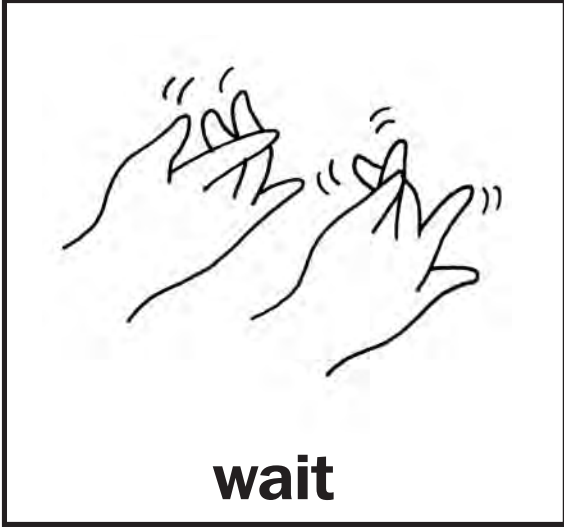
take turns



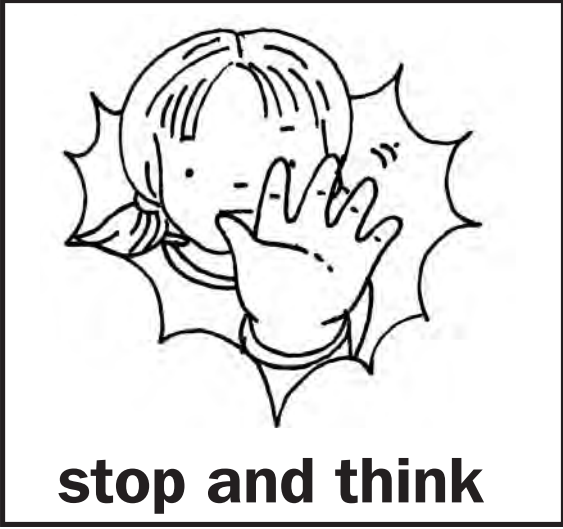
flip a coin



**talk
about feelings**



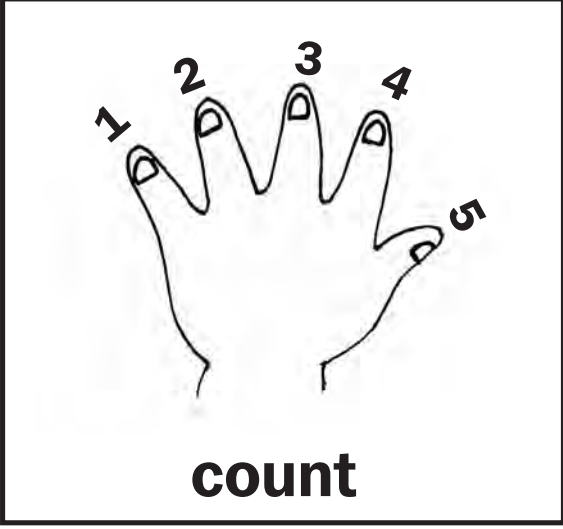
wait



stop and think



**take a deep
breath**



count



**breathe with a
tummy toy**



blow bubbles



hug a stuffed toy



look at a book



sit and rock



stretch