

# HERO'S STORY TIME

HELPING EVERY CHILD REACH OPTIMUM SUCCESS

## GUIDE



### *Llama Llama Misses Mama*

By Anna Dewdney

Questions and discussions during read-aloud stories can promote social and emotional development. You can read this story on multiple days during the week and engage children by asking some of these questions.

- How was Llama Llama feeling when he was at school?
- Describe what it means to feel lonely, and how to tell if a friend is feeling alone.
- How can we tell that Llama Llama is feeling lonely?
- Who helps him feel better? What do they do to help him feel better?
- What would you want friends to do if you ever felt lonely?

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Make a list of ideas of how we can help other people when they are feeling sad or lonely. Take time each day to do an activity to show someone you miss them and are thinking of them.

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Play emotional charades to help develop emotional literacy. Give one person an emotion to act out, and have the others guess how that person is feeling.

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Do emotional check-ins with the children. Have them identify how they are feeling throughout the day and week: happy, sad, scared, lonely or excited. Find instructions at [puext.in/Feeling](http://puext.in/Feeling).

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Find more activity ideas at [puext.in/BookNook](http://puext.in/BookNook).

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### *FLYING HIGHER*

Teach and practice emotional literacy. Make a list of feeling words such as happy, sad, frustrated, excited and others. Use the Feeling Wheel at [puext.in/FeelingWheel](http://puext.in/FeelingWheel) to help children identify and practice facial expressions of feelings.



### *SUPER POWER*

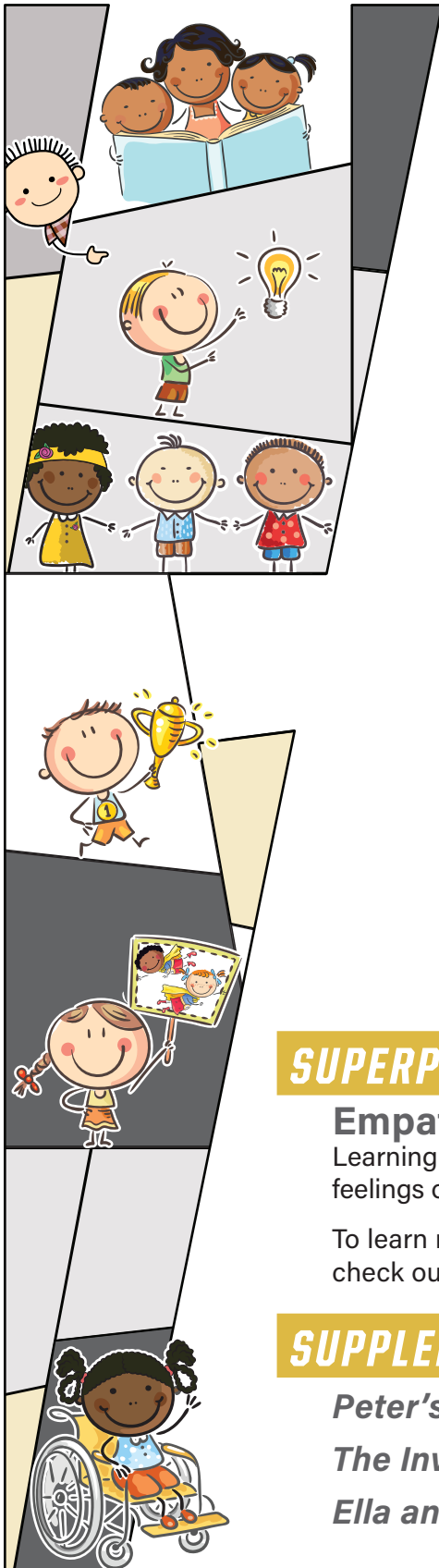
**Empathy**  
Learning how to recognize, understand, and share feelings of others.



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## FAMILY NEWSLETTER



### THIS WEEK WE READ

***Llama Llama Misses Mama*** By Anna Dewdney  
Your child learned about the asset of caring and understanding the way another person feels.

### THINK ABOUT IT

Do you prioritize caring by acknowledging your child's feelings?  
Do you show acts of kindness for others in your home or outside of home?  
Do you allow your child to help at home?  
Kids develop this asset by watching us and experiencing our empathy for them. When we treat other people like they matter, our kids notice and are more likely to copy our acts of caring and compassion.

### How You Can Teach Empathy

Be kind to family members.  
Teach your children the Golden Rule: Do to others as you would want them to do to you.  
Talk to your children about how their actions and words can affect others in a positive manner and sometimes in a negative manner. Remind your children that people can feel differently in different situations.

**Adult Superpower:** Raising children is difficult and takes enormous physical and mental energy. Take time for self-care so you can face the challenges of raising a family.

### SUPERPOWER

#### Empathy

Learning how to recognize, understand, and share feelings of others.

To learn more about the 40 Developmental Assets, check out the Search Institute website: [puext.in/40](http://puext.in/40).

### SUPPLEMENTAL READING

***Peter's Chair*** by Ezra Jack Keats

***The Invisible Boy*** by Patrice Barton

***Ella and Penguin: A Perfect Match*** by Megan Maynor

NO ACT OF  
KINDNESS,  
NO MATTER HOW  
SMALL,  
IS NEVER WASTED.