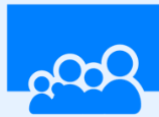


# Kindness and respect

Families and teachers: the early childhood and primary school curricula encourage children to be kind and respectful to others.

You can encourage young children to be kind and respectful while playing, or while watching educational shows like *Sesame Street* together.



## **Watch together**

While you're watching *Sesame Street* or other educational content together highlight ways that the characters are being kind and respecting each other.

- Elmo always asks kindly and says “thank you” and the characters at the Furchester Hotel help each other to solve problems, just like Super Grover helps others.
- Ask children to share ways they can be kind like their favourite characters!

## **Kindness throughout the day**

- Model and point out kindness and respect throughout the day.
- Even though infants, toddlers and pre-schoolers might not be ready to share or demonstrate some other acts of kindness, children are never too young to be introduced to it.



## **Play and learn together**

### **Help others**

- Together, think of a simple way to help a classmate, friend or neighbour.
- You can do things like share toys, write them a nice letter, collect and donate clothes, and help them do chores.

### **Feelings**

- Help children to notice different feelings they and others might have.
- Then, think about how they might help to comfort others or show empathy safely. You can even role play this first.
- Together, brainstorm safe ways to show affection or respect, and make amends in ways that are meaningful to children. They could use gestures like waves, high fives and special dances.



### **Talk together**

Help children to be kind and respectful as you ask questions like:

- ❑ I notice that David seems sad. His mouth is turned down like a frown and he looks like he might cry. What could we say to him or do for him to help him?
- ❑ How could we show Laurie respect while we listen to her talk?
- ❑ What kind things have people done for you? What kind things can you do for others?



### **Links to Sesame Street content**

**Here are some related songs on YouTube you can sing together:**

- ✓ [“Sesame Street: Try a Little Kindness \(with Tori Kelly\)”](#)
- ✓ [“Sesame Street: Be a Good Friend \(with Gwen Stefani\)”](#)
- ✓ [“Sesame Street: Big Bird sings That's Cooperation”](#)
- ✓ [“Sesame Street: Everyday Heroes Club Song \(with Aloe Blacc and Elmo\)”](#)
- ✓ [“Sesame Street: Share It Maybe”](#)
- ✓ [“Sesame Street: Just like Magic \(with Sara Bareilles\)”](#)

### **Visit Sesame Workshop**

for many more related activities, printables, and video-based suggestions like:

- ✓ [“Calming Strategies”](#)
  - ✓ [“Social Emotional Skills”](#)
  - ✓ [“Friendships”](#)
- to play online games like:
- ✓ [“Welcome to Our Garden”](#)



### **Links to find out more together**

#### **Local resources**

- ✓ [The Ministry of Education and Youth's Game-Based & Interactive Learning Activities for Early Years](#)
- ✓ [Curricular resources](#) like the Resource Book and curriculum guides from the Early Childhood Commission
- ✓ Digital library Book Fusion has free books <https://www.bookfusion.com/libraries/MOEYI>
- ✓ The children's books [I Can Do My Part](https://bit.ly/icandomypart) (<https://bit.ly/icandomypart>) and [I Have Feelings](https://bit.ly/ihavefeelings) (<https://bit.ly/ihavefeelings>)

#### **Other resources**

- ✓ Center on the Social and Emotional Foundations for Early Learning <http://csefel.vanderbilt.edu/>
- ✓ [Room to Read's](#) free digital library (<https://literacycloud.org/>)