



# FAMILIES TACKLING TOUGH TIMES TOGETHER



**FAMILY**  
CHILDREN

## We Care About Each Other! Connectedness

Feeling like a valued part of a family is important in fostering resilience in young children. Encouraging children to care for others and “rally together” when adversity arises helps them to feel as though they are a part of something bigger than themselves. It is important for children to feel appreciated and needed in a family. During this time of social distancing, children may feel as though they have lost control of connecting with those they love. It is important to help young children stay connected to those in their own households as well as those they are unable to visit.

This week’s activities focus on making connections and showing others we care.

### Deliver Some Love

To help maintain connections with loved ones, encourage young children to create and mail, email, or set up no contact delivery of a unique gift!

#### Activities

- Use paint to make prints of hands and feet — if you don’t have access to paint, try some [homemade](#) paint
- Encourage children to connect remotely as they “[mail a hug](#)” to someone they care about
- Invite older children to draw a picture of a favorite time spent with their loved one

#### Materials

- Paper (printer paper, butcher paper, or newspaper taped together)
- Paint
- Coloring supplies (crayons, markers, colored pencils, etc.)
- Envelopes ([learn how to make your own](#))
- Postage ([order stamps online](#)), you can also take a picture and send digitally or set up a no-contact delivery to a loved one

### The Rainbow Fish

*The Rainbow Fish* is a heartwarming children’s book by Marcus Pfister. The book teaches children about the importance of doing for others and making connections. Young children love the shiny scales of the rainbow fish and can relate to the importance of sharing the things that make them special.

#### Activities

- Read *The Rainbow Fish* together! If you don’t have a copy of your own, view an [online version](#) read by the actor Ernest Borgnine.

Encourage your child to think of something that makes him/her/them special. Some examples might include a love of stringing beads or singing favorite songs. Invite your child to show they care by sharing what they love with others. You may wish to hold a family talent show or encourage your child to show how much they care by making special gifts.