

Seymour tucked his feet into his wings until he knew it was ok to touch his friend. What will you do with your hands while you wait to hear if it's ok to touch someone or their toy? Draw or write your response.



Blank white space for drawing or writing.

Tropicbird.

Color the Tropicbird.

Circle the messages that are stop signals.

On the back, draw a picture of someone who is saying no with their body language.

Stop.

I don't like that.

Hey!

Moving away from someone

Pushing someone's hand away

Eyes narrowed

Face turning red

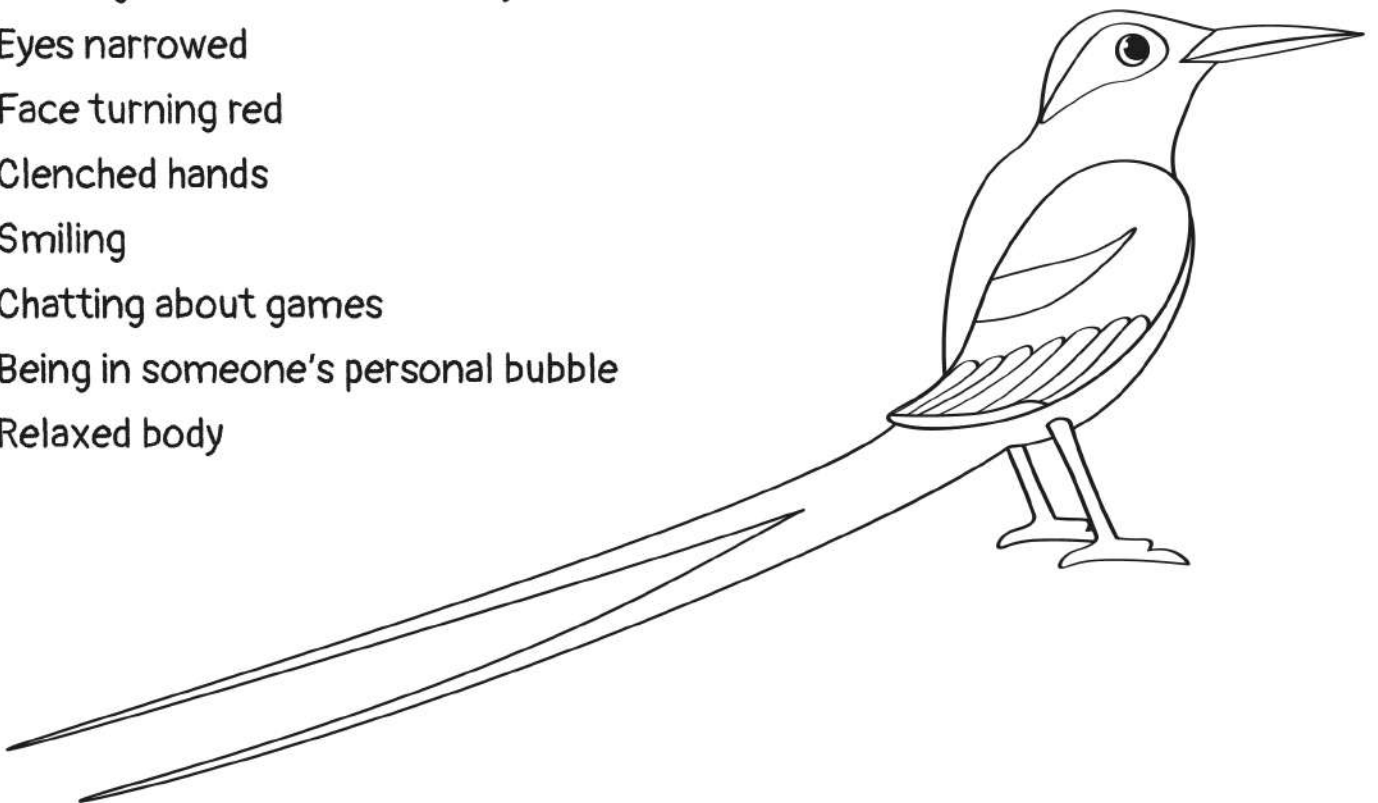
Clenched hands

Smiling

Chatting about games

Being in someone's personal bubble

Relaxed body



Fun Facts About Tropicbirds



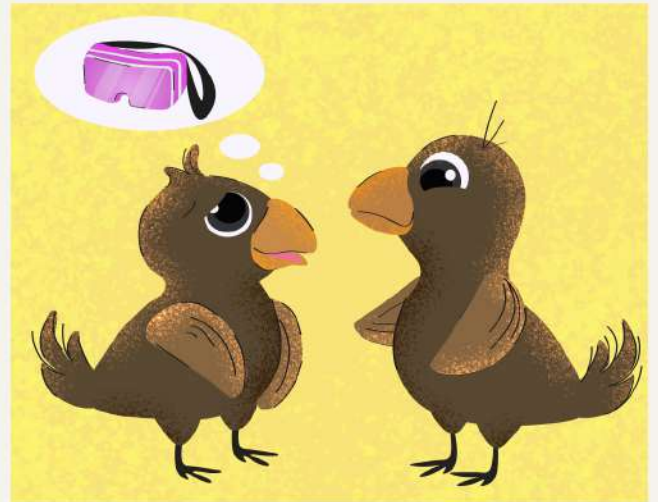
The red-billed species has a bright red beak to go along with its black facial markings and white body. The white-tailed tropicbird has black face markings, a white body and a white tail.

Hugging Friends.

Read the story about hugging friends.
Cut out the 3 pictures and glue them on top
of the pages of the booklet so they show
Seymour thinking before he doesn't think.
Notice how Seymour feels at the end of the
story compared to how he felt at the end of
the first story.



How do you think you will
remember to think before you
don't think?



Santiago pauses and thinks about how Seymour's goggles help him think before he doesn't think. Santiago decides to ask Cruz if it's ok to give him a hug.



Cruz says ok and hugs me back.



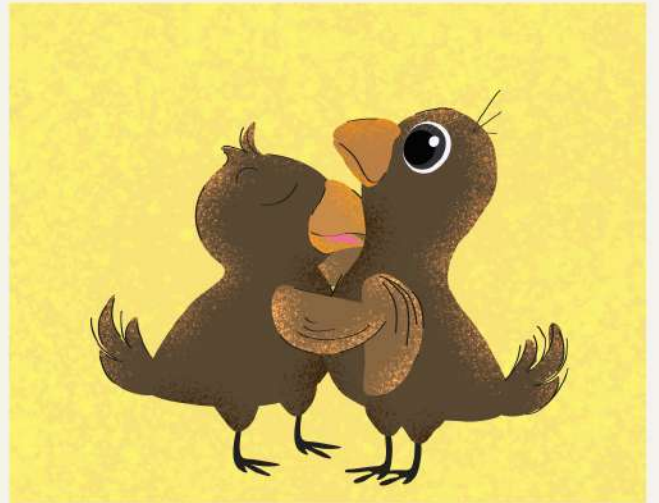
Santiago and Cruz feel connected
and ready to play together.

1



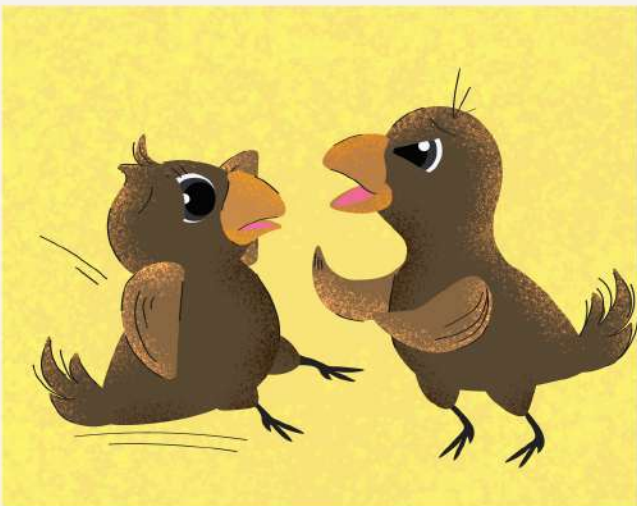
It's time for school to start.

2



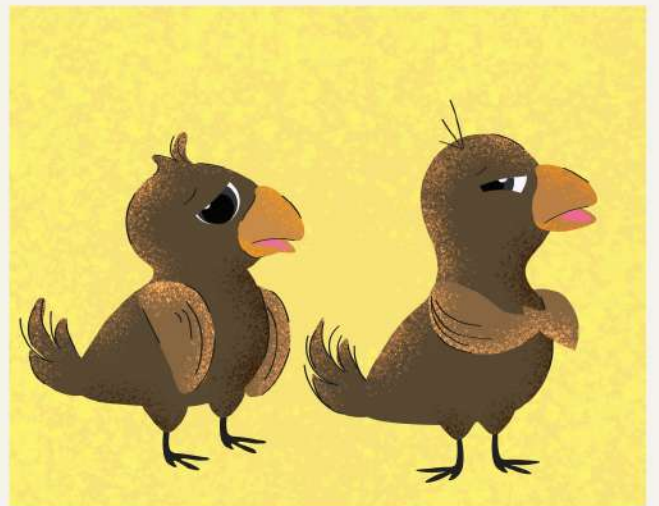
Santiago hugs his friend, Cruz, without asking.

3



Cruz is surprised and pushes him away.

4



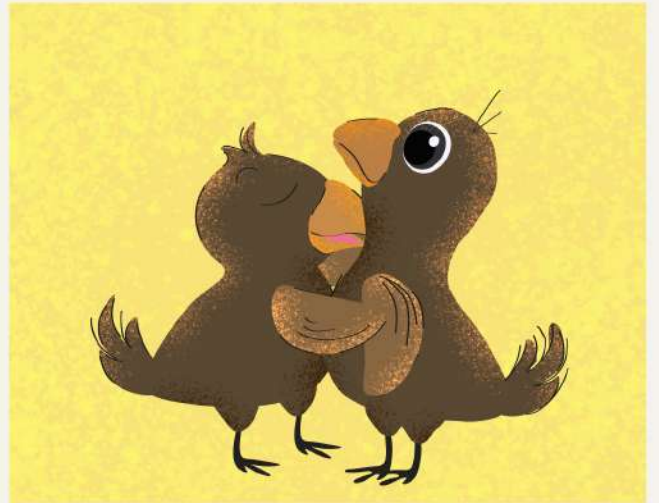
Santiago feels confused and sad.

1



It's time for school to start.

2



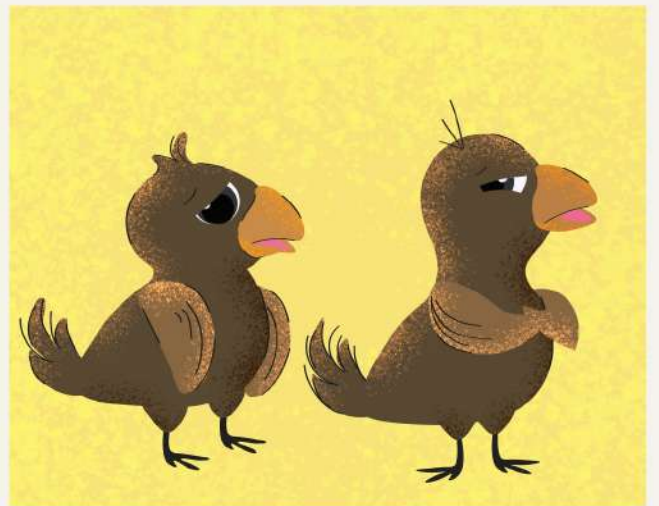
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Santiago feels confused and sad.

Games can be an engaging and effective way to teach kids to control their impulses and listen carefully. You can play these games with your child to promote the development of self-control skills:

1. Simon Says:

In this classic game, children practice following commands. They only follow the command if it begins with "Simon says."

2. Red Light, Green Light:

One person gives commands like "green light" or "red light." Children move forward on "green light" and stop on "red light." Alternatively, children can dance when the light is green and stop when the light is red.

3. Statues:

Children dance or move around when the music plays, and they freeze when the music stops.

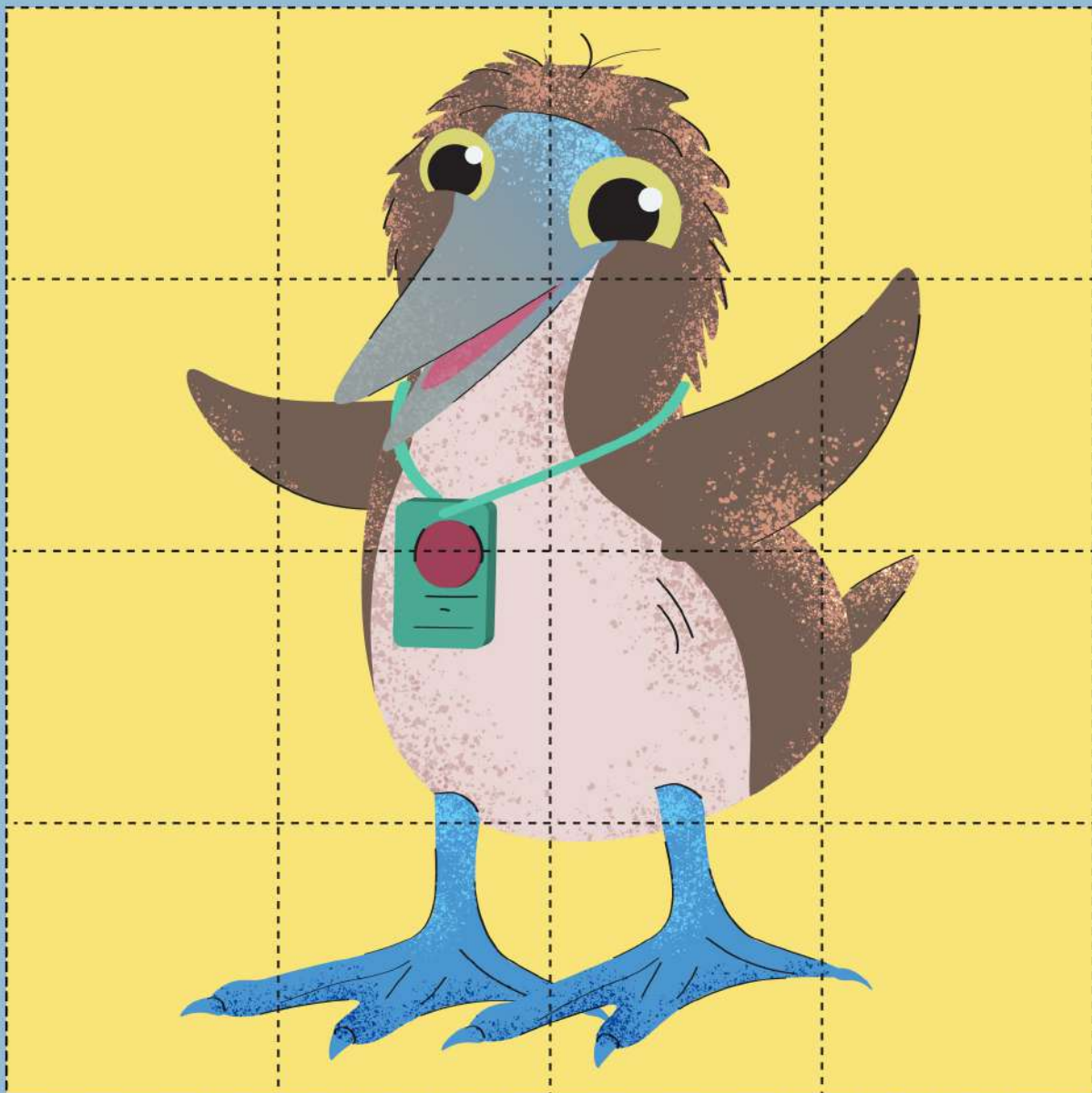
4. Balloon Balance:

Children balance a balloon on a spoon as they navigate through an obstacle course. Alternatively, use an egg.

5. Jenga:

Jenga involves careful and controlled movements to remove a block without knocking down the tower.

Cut out this picture on the lines and then assemble the puzzle so it looks like Seymour.



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