



DREAM BIG!

CELEBRATE OUR UNIQUENESS

EXPLORE HOW WE'RE ALL CONNECTED

BUILD AWARENESS OF COMMUNITY



Supported by



Grow Up Great

A creation of



Sesame Workshop is the nonprofit organization behind Sesame Street, the television show that has been reaching and teaching children since 1969. Sesame Workshop has a mission to help kids everywhere grow smarter, stronger, and kinder. We're active in over 150 countries, serving vulnerable children through media, formal education, and philanthropically-funded programs, each grounded in research and tailored to local needs and cultures. For more information, please visit sesameworkshop.org.

Developed in partnership with



Founded by The PNC Financial Services Group, Inc. in 2004, PNC Grow Up Great and PNC Crezca con Éxito form a \$500 million, multi-year, bilingual school readiness initiative to help prepare children – particularly underserved children – from birth to age five for success in school and life. Built on the understanding that education is a powerful means for economic and social mobility, the program provides innovative opportunities that assist families, educators and community partners to enhance children's learning and development. Learn more at pncgrowupgreat.com.

Welcome

As a caring adult in children's lives, you naturally want children to be ready for school and for life. It's a big world, and children need a lot of support from grown-ups to be able to live and thrive in it... now and over a lifetime!

We can support children by inviting them to celebrate who they are, by helping them get to know others who are both similar to and different from them, and by building their sense of connection with others in their community, including their classroom community. This can all contribute to their ability to succeed in school and to build a smarter, stronger, kinder world... one which they will one day lead.

In these pages, you'll find conversation starters, activities, and tips to help children explore these big ideas. Enjoy... and dream big!

For more resources on school readiness, visit sesameworkshop.org

Getting Ready for School and Life – Together!™

Little kids have big spirits, big ideas, and big questions—and we all want them to have “big lives,” with futures full of possibility. One thing that can make all our lives bigger and better—and help kids thrive in school—is a strong sense of self identity and the feeling of belonging to a community.

One way to grow this sense in children is to talk about and celebrate who we are on the inside as well as the outside, as well as help them build the awareness that we are all connected. This can naturally include talking to children about the fact that others are both the same as, and different from, them. Having these conversations early on can help children feel good about themselves, make sense of the world, and inspire them to “think big” about their place in it!

Strong relationships—with ourselves and others—help everyone be the best they can be. On Sesame Street, each furry, fuzzy, and feathered friend feels a sense of belonging... and you can build that same sense for your child wherever you live.



Big Words

The little things you do with children can help set the stage for a lifetime of confidence, pride, strength, and respect for self and others. Here's one way the Sesame Street friends Wes and his dad Elijah do this.

I am somebody.

I am unique.

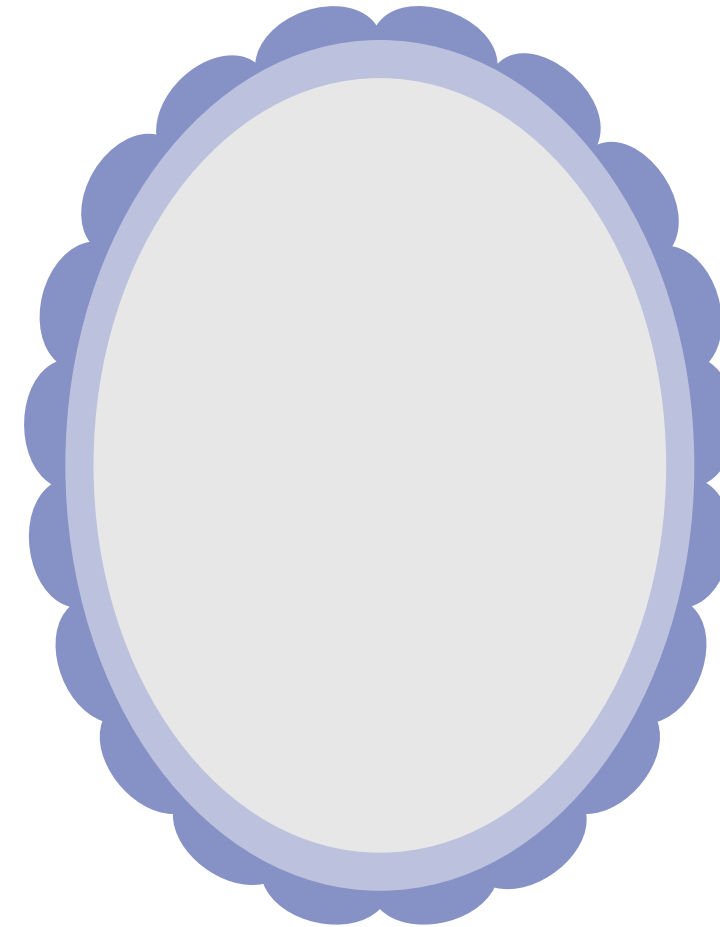
I am curious.

I can make
the world better.

I am a good friend.

I love being me.

Every morning, my dad
and I look in the mirror and
repeat some sentences in
our "proud voices."



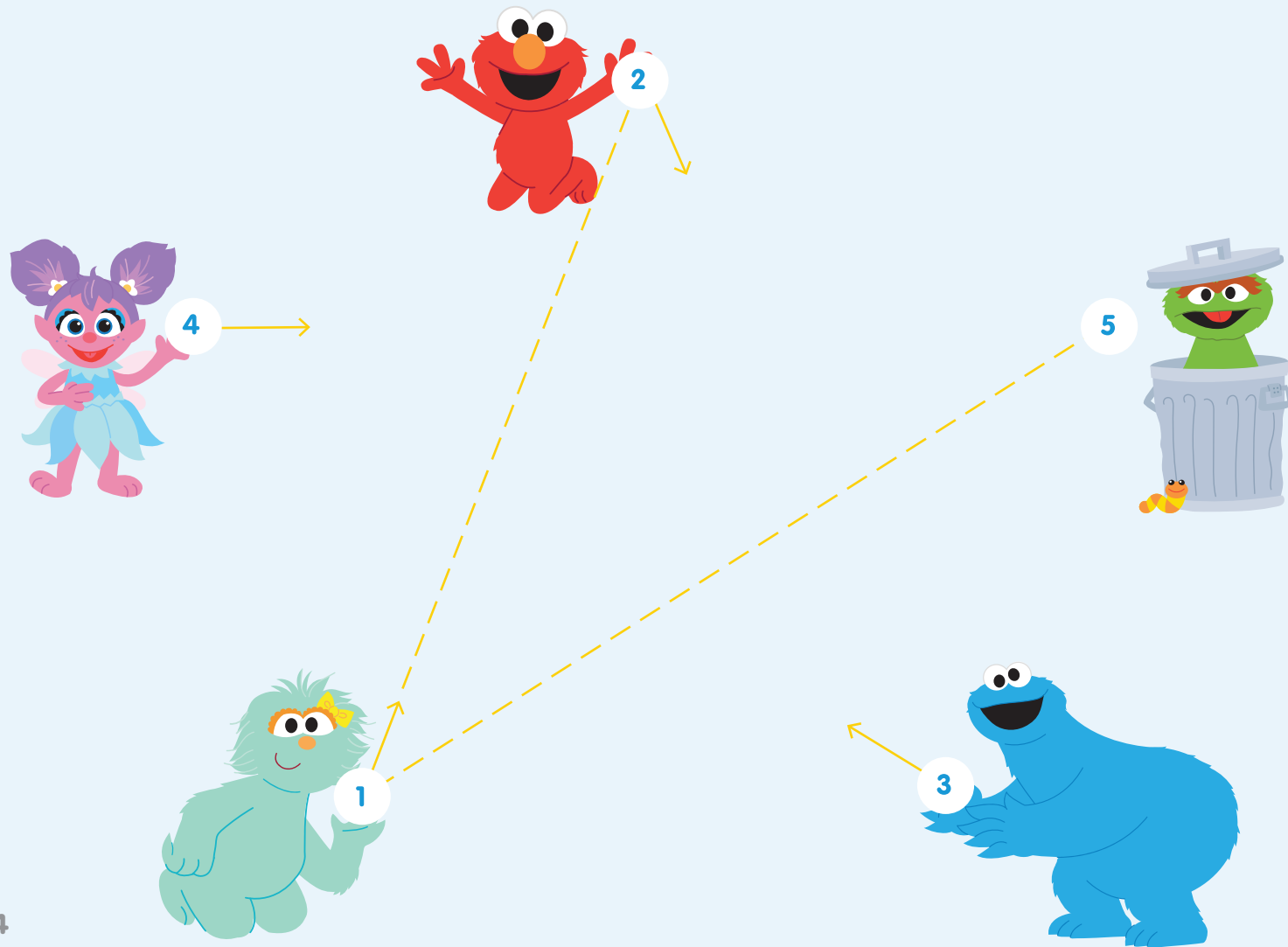
YOUR TURN!

Draw yourself in the mirror and tell a grown-up about the things that make you special. Your grown-up can write them down. Then stand in front of a mirror together and say those things out loud!



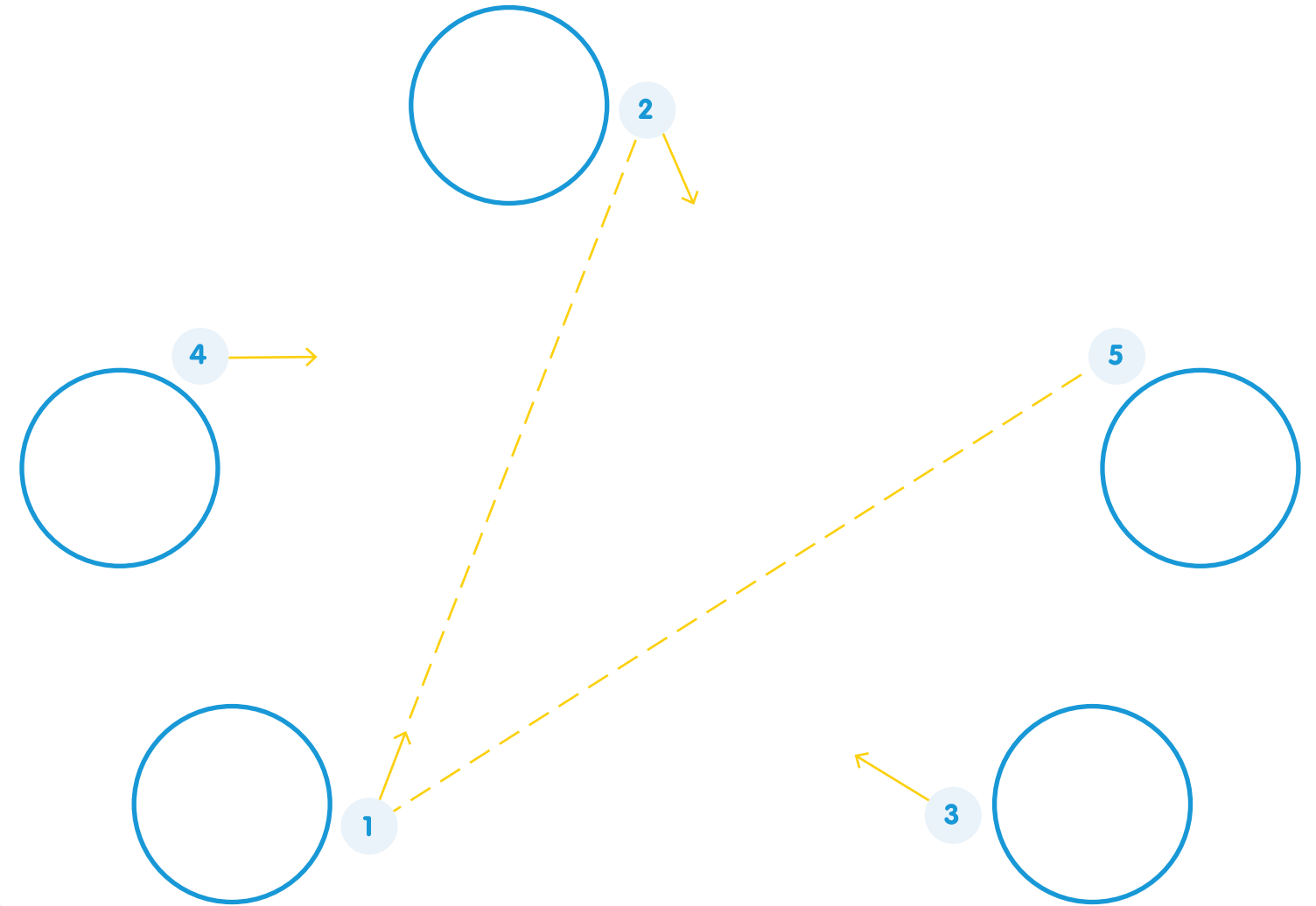
Big Connections

We are all part of a larger community, and a sense of belonging helps children feel part of something bigger. Help children connect the dots to see the star that shines when we are part of a respectful, trusting, helpful, fun group, such as a classroom or play group. We can all sparkle!



YOUR TURN!

You and your friends, family, classmates, neighbors, and others in your community are all connected. Name a few people who are important to you, and have a grown-up write them down near each dot. You can draw their faces, too. Then connect the dots. Together, you are superstars!



Big Hearts

Young children are beginning to understand that what's important to them may not be as important to someone else. That helps them build healthy relationships in school and in life!

Elmo and I love some of the same things, but there are other important things that we do not have in common—and that's okay!

WES LOVES...

- Curry chicken
- Buildings
- His brown skin

WE BOTH LOVE...

- Our moms and dads
- Finding shapes in clouds
- Dancing

ELMO LOVES...

- Carrots and rice
- Baby David
- His red fur

Taking Care of Our Hearts

Even good friends sometimes have conflicts. It's important for children to have ways of handling anger, frustration, and sadness. Explain that one way to take care of ourselves when we have big feelings is to talk about them, but that sometimes we need other ways to show how we feel.

When kids have big feelings, you might say:

- **"Let's draw.** What colors and shapes show how you are feeling right now? Can you draw other feeling words?" (Maybe "happy" is big yellow dots, or "sad" is small blue scribbles.)
- **"Let's dance.** What are some ways that could help you move big feelings out of your body?" Take turns picking music and copying each other's movement.

Think about what you love and what is important to you. Draw those things in the heart, or a grown-up can write down your ideas.

Big Learning

Remind children that everything they do matters. We're all important members of our community and important people in the lives of our friends and family!



Abby showed me a flower growing in her garden box. The flower seed is a wish and something she is going to do.

ABBY WANTS :
To get to know her new neighbor, Wes.

ABBY IS GOING TO :
Ask Wes if he wants to grow a garden together.

Think of your own ideas, and have a grown-up write them down! Then draw a flower growing from each seed.

I WANT:

I AM GOING TO:

I WANT:

I AM GOING TO:



OUR BIG LIVES

I can't wait to learn, play, and work together with my new friends!

Draw yourself and join our community of friends... new and old!

