

## MACARONI RIGATONI PEANUT BUTTER & BALONEY

### Suggestions

We hope you have fun talking, sharing and doing these activities with your child. These suggestions were designed for your child's entire childhood. The activities are appropriate for all ages and bear repetition throughout childhood. TAKE TIME TO TALK is designed to be used over time, while driving, walking, bath time, bedtime chat or any time singing a song, a question or sharing is appropriate. The conversation, sharing and activity when your child is 3 years old will be completely different when you child is 8-9 and 10 years old. So use this guide as a window into your child's mind and heart, and listen as your child grows up. Have fun!



### 1. I've Got a Friend in Y-O-U

1. (For young children) Review the spelling of "You" and "Me".
2. Talk about the friends that the child has (stuffed animals, home or neighborhood pets, brothers and/or sisters, parents, pre-school or school friends, neighborhood friends, cousins, etc.)
3. Talk about friends in stories and TV shows and movies.
4. Talk about how friends are important and how nice it is to be friend to someone else.
5. One of the characters in this song talks about "sharing". What does sharing mean? Can you think of times when you shared with a friend? Can you think of a time when a friend shared with you? How about a family member? A stranger?
6. Adult share: Talk about a friend of yours. You might tell a story about a friend that you have now or share a picture or a story of a friend when you were a child.
7. Can an adult and a child be friends? Are there ways that you and this child are friends? What other relationship do you and this child share? How does this relationship differ from the relationship with a friend of their own age or a non-parental or non-guardian friend? (You could get into a discussion of what is appropriate in an older/younger friendship, e.g. good touch; bad touch.)

**DRAW a picture of you and a friend. Have the grown-up draw him/herself and a friend.**

### 2. Song: Dig Down Deep Inside

Topics for discussion:

1. Reminder of what "opposite" means.
2. Remember times when the child was feeling a little sad, and what the child did to feel better (thought of other things, played with a friend, smiled and laughed, hugged their parents or stuffed animals)
3. Adult sharing: Share a time when you were unhappy or sad and what helped you to feel better. Maybe a time for a sharing about different things that can make you, personally, sad and what makes you happy. Ask your child what makes her/him sad and happy.

**Talk about: IF YOU WERE SAD WHAT WOULD MAKE YOU HAPPY? DRAW A PICTURE OF WHAT WOULD MAKE YOU STOP BEING SAD.**

### 3. Song: *Proper Creatures*

Topics for Discussion

1. The good behavior these characters sing about is opposite the good behavior that we expect from children. What does the word "opposite" mean?
2. How is the song showing the "opposite" of how children should behave?
3. What are some other goofy and funny ways that someone could "behave" that are the "opposite" for children.
4. How should children behave at: the store, a restaurant, the dinner table, a swimming pool, etc.

**Draw pictures of children who are doing things in an acceptable way with one color crayon. Draw the children who are doing things in an unacceptable way with a different color crayon. This picture would**

be a collage of children involved in behaviors that are acceptable and unacceptable. Make some of them boys and some girls. Children of different ages and races. I don't know how much room you'll need but see what you can do. Pick the same number of behaviors from each group. Behaviors you could use:

#### **BAD BEHAVIORS**

child dumping a plate of food on his/her head  
child spitting food  
child throwing dirt at another child  
child putting a half-peeled banana in his/her ear  
child climbing an adult ladder with paint on the top.

child running into street

#### **GOOD BEHAVIORS**

child climbing the ladder of a slide  
child eating with a spoon  
child running safely  
child coloring

Color the pictures of the children who are doing things in an acceptable way with red crayons. Color the children who are doing things in an unacceptable way with a blue crayon.

### **4. Song: Let Some Time Pass**

Some topics to discuss:

1. Talk about the last time that the child was VERY angry about something and discuss how they knew they were angry. If the child has never experienced anger, you could talk about things that might occur in the child's life that might make her/him angry. Ask what that anger might feel like; about the consequences of that anger.
2. Then talk about how, when you feel that angry feeling in the future, to "move away from what's triggering your anger, take some nice deep breaths, and let time pass" before you say or do something that you might really regret later.
3. Talk about times when the child saw others angry and how they felt around that anger.
4. Talk about how it feels a whole lot better to be happy with yourself and others than to be angry.
5. Adult share: Maybe you could tell the child about a time you were angry and some of the ways you deal with anger or conflict.

**DANCE : Do the 3 steps that are sung with your child: Step back; take a couple of deep breaths and let some time pass. Make your own song with those words. Use musical instruments or bang boxes or other makeshift instruments.**

### **5. Song: *I'm Not Scared***

Topics for discussion:

1. Ask your child if they have ever seen anything on TV or the movies or heard something in a story that scared them. If so, ask them what it was.
2. In this song, two characters are pretending that they're not scared. Do you believe them?
3. Talk with your child about common things that seem scary but really are not cause for concern. (Spiders and bats generally will not harm people. Noises in the house during the night are generally safe. Maybe there is a specific thing that you know frightens your child. )
4. Talk with your child about appropriate action if they truly are scared. (Seek the aid of a teacher, a parent, a trusted neighbor and explain the reason for the fear.)
5. Adult sharing: Tell your child if there was something that frightened you when you were a child. Why were you afraid of it? How did it make you feel? (You can relate your feelings to your child's feelings.) How did you conquer that fear?

**1. ACT OUT the situation you described for your child. Use facial expressions, sounds and posture. Ask your child to do the same.**

**2. ACT OUT the opposite emotion: confidence, courage etc.**

**3. Draw yourself in the situation you described. Ask your child to make up a situation where s/he was scared if nothing real comes to mind.**

**6. Song: F-R-I-E-N-D** (The subject of friendship is so important to a child's life, we have included 2 songs about it. Some of these discussion points and activities are the same as song #1, "I've Got a Friend in Y-O-U".)

Topics for discussion:

1. Review from the song how to spell "F-R-I-E-N-D."

2. Talk about the friends that the child has (stuffed animals, home or neighborhood pets, brothers and/or sisters, parents, pre-school or school friends, neighborhood friends, cousins, etc.)

3. Talk about friends in stories and TV shows and movies.

4. Talk about how friends are important and how nice it is to be friend to someone else.

5. Talk about a friend of yours. Maybe if the child is acquainted with your friend you might tell a story about that friend or share a picture of when you were younger with an old friend.

6. Are there ways that you and this child are friends? What other relationship do you and this child share? How does this relationship differ from the relationship with a friend of their own age or a non-parental or non-guardian friend?

**1. Spell out the word F-R-I-E-N-D in letters that have width so the child can color the letters. Leave space either between or under or somewhere so the child can draw some of their friends.**

**2. If you cut out the letters you created above, see what other words you can make from those letters.**

**7. Song: Same Big Sky**

1. Talk about how birds are different colors and they all share the sky when they fly. Here is a web site that has lots of bird pictures: [http://www.wildnatureimages.com/bird\\_photos.htm](http://www.wildnatureimages.com/bird_photos.htm)

2. Talk about how fish are different sizes and colors and they all share the water when they swim. Here are some websites with fish pictures: <http://www.floridaconservation.org/marine/photo.htm>; <http://www.tropicalfishposters.com/>

3. Talk about how children are different sizes and colors and shapes and they all share the earth, and air and water to live together.

4. Talk about some things that all people share. Ask how are you and the child the same? How are you different? Is there a person of color, an old person, a person with disabilities that your child knows. Ask how your child and this person are the same and how they are different.

**1. Draw a sky above and a few trees below with plenty of space for birds.**

**CAPTION: DRAW DIFFERENT KINDS OF BIRDS THAT ALL SHARE THE SAME SKY**

**2. Have the child draw a person that is different than her/himself. Talk about what exactly that difference means, if anything.**

**8. Song: Astounding Man**

Topics for discussion:

1. Ask your child if they know the names of superheroes from stories, TV or movies (Superman, Spiderman, Iron Man, Paw Patrol, PJ Masks etc.)

2. Ask them how they would feel if they could fly or jump super high or swim really deep.

3. Ask them if they think that superheroes are real. Can anyone REALLY do these kinds of things?

4. Talk with them about how everyone has different abilities. Some can run faster or jump higher or yell louder than others. Each person is special and unique in their own way. Each can develop their own special talents and abilities and share these with others.

5. Adult share: what talents or attributes that you have that you feel good about sharing with others. Ask the child what kind of superhero he/she would be. Talk about superhero names for each of you. Ex. Giggle Girl who makes people feel good because she laughs frequently; Cookie Mom who makes the best cookies, Dedicated Dad who works hard around the house cutting the lawn and washing the dog or Spelling Boy who got a good grade on his spelling test.

**1. Draw a picture of what your own superhero would look like. Explain why your superhero looks this way.**

**2. Ask your child to do the same. Discuss attributes and abilities.**

## 9. Song: Symphony of Life

Topics for discussion:

1. Talk about how instruments blend their sounds together to make wonderful music when the people playing them all cooperate and work together in harmony.

2. Talk about how the members of a sport's team (especially whatever sport the child might be playing) need to listen to and speak to the coach and each other to play well.

3. Talk about the value of practicing with others to accomplish the successful playing of a game or a group school project or even jumping rope with others.

4. **Activity:** Make your own music! Ask the child to pick a rhythm by clapping hands or stomping his/her feet and you pick a different rhythm to combine with your child's. You can add more people and make a symphony. You can use household objects as instruments.

5. Adult share: Tell the child about an experience you might have had playing an instrument in a group, playing on a sports team or involved in some other group effort.

**DRAW children who are doing things together: playing ball, playing a game, making music etc.**

## 10. Song: Ooh! Aah!

Topics for discussion

1. Besides your house, where do you like to go to have fun?

2. What things do you enjoy doing?

3. Is there somewhere you have heard about that you would like to visit?

4. Have you ever vacationed away from home? What kinds of things did you do there? How was your day different on vacation than it is at home? Did you bring anything back from vacation? How does it make you feel when you look at that object?

5. If you have not vacationed away from home what kinds of things would you like to do? Are there pictures of places you would like to go? You could get pictures on the internet or in a magazine and talk about what it would be like to be at that place and how similar or different things would be there. How about the park or the zoo? Are those places different than home? How? Why?

6. Adult share: Is there a place that you have visited that you would like to tell the child about?

**Draw a place you have gone together. Paris or a playground. It's about having fun together.**

## 11. Song: Believe in Your Dream

Topics for discussion:

1. Talk about how a bird builds a nest piece by piece until it becomes a home. (Activity: If you have Pick-up-Sticks or straws, you and your child could build a nest.)

2. Talk about how seeds start out small and become flowers or plants. What does a seed need to grow into a flower or a tree? (Activity: Plant a seed or a seedling and care for it together.)

3. Talk about the things a child needs to grow strong and tall.

3. Talk about how dreams and goals develop piece by piece, through patience, until they grow into accomplished tasks and completed jobs (like cleaning your room or building a Lego toy or learning how to swim or ride a bike).

4. Ask what dreams or goals the child might have.

5. Adult sharing: Did you have a dream or goal when you were child that you would like to share with the child? Explain what happened to your goal.

**1. DRAW A PICTURE OF WHAT YOU THINK YOU WILL LOOK LIKE WHEN YOU GROW UP.**

**2. Show your child a picture of you when you were as young as you can find. Tell him/her if you had any problems that you had to overcome to be where you are now.**

## 12. Song: Toy Trio

Topics for discussion:

1. What are your favorite toys? Why?

2. Do toys grow up the same way that children do?

3. What is the difference between a toy and a child? (Talk about how the child is bigger and stronger and more agile than they were the year before.)

4. Talk about imagination and pretending and how they are the wonderful things that make toys so special.

5. **Activity:** Have the child gather a few of her/his favorite toys and you and the child can pretend for a few minutes with the toys.

6. **Adult share:** Tell the child about some of your favorite toys as a child.

**Draw or cut & paste lots of toys scattered around a page or ask the child to do it if appropriate. Some toys: a drum; a baby doll; a Barbie doll type; a dump or other kind of truck; a racing car; a ball (colorful); a stuffed bear; child's blocks. Each of you pick 3 toys to make the TOY TRIO.**

## 13. Song: Macaroni Rigatoni Peanut Butter and Baloney

Topics for discussion:

1. Ask your child which are their favorite foods. Ask them if it is the taste, texture, color, temperature and/or shape of the foods that they enjoy the most.

2. Ask them if they know where their favorite foods are grown or how they're made.

3. What does food do for you? Which foods make you grow strong and healthy? treats vs veggies etc

4. Consider visiting or finding books about where some of their favorite foods are grown. Perhaps there is a pick-your-own farm in your area.

5. Ask them if they would like to help you prepare their favorite meal.

6. Adult share: Tell your child which foods were your favorites when you were their age (if you remember) and what you enjoy now.

**Draw or cut & paste pictures of animals and what they eat: a monkey and a banana; an elephant and some peanuts; a horse and some carrots; a giraffe and some leaves on a tree; a squirrel and some nuts**

## 14. BIRDS OF A DIFFERENT FEATHER

(The subject of tolerance is so important that we have included 2 songs about it. Some of these discussion points and activities are the same as song #7, "Same Big Sky".)

1. Talk about how birds are different colors and they all share the sky when they fly. Here is a web site that has lots of bird pictures: [http://www.wildnatureimages.com/bird\\_photos.htm](http://www.wildnatureimages.com/bird_photos.htm)

2. Talk about how fish are different sizes and colors and they all share the water when they swim. Here are some websites with fish pictures: <http://www.floridaconservation.org/marine/photo.htm>; <http://www.tropicalfishposters.com/>
3. Talk about how children are different sizes and colors and shapes and they all share the earth, and air and water to live together.
4. Talk about some things that all people share. Ask how are you and the child the same? How are you different? Is there a person of color, an old person, a person with disabilities that your child knows. Ask how your child and this person are the same and how they are different.

**Song:** Squish through the swamp

Lyrics: Bristle Hair: Listen to me and let's connect

There's lots more fun than you'd expect

Let's get outside and run and play

JUST LISTEN AND YOU'LL SEE

It's such fun to

Squish through the swamp

Hop on the rocks making sure we don't slip , Ooops!

What a trip as we skip through the woods and run through the field.

We swim through the lake

Wave to the fish as we pass by

We've made our way

It's time to play

We jump in the air

We fly to the sky

We do a little kick

And here's the reason why

TO LAUGH AND RUN: TO HAVE SOME FUN

BY SHARING AND BY CARING UNTIL THE DAY IS DONE!!!

Topics for discussion:

1. Talk to your child about the idea of sharing their time with another. It may be a new child on the block. It may be an elderly relative or neighbor. Or it may be a person who could use a helping hand, even if it is a little hand.
2. Ask your child if someone has been kind to them by just listening to them when they needed to talk to someone.
3. Ask your child what they think about taking turns when they are playing with others, letting others have a chance to be the leader once in a while during games or sports.
4. Ask your child how important it is to share their imagination with others when they are making up a new game or activity. Point out how playing and cooperating with others adds to the enjoyment of all involved.

**Picture:** A boy and girl swimming under the water waving to a very friendly looking fish with room for child to draw a few other fish

**Caption:** Draw some more fish for the children to wave to.

## **Not included. Song: When You Feel a Little Sad**

Topics for discussion:

1. Ask the child how they know when they're feeling a little sad. (Feelings inside, awareness of their facial expression, tears)
2. Ask them what they did last time that they felt a little sad.
3. Ask them if talking about what made them sad seemed to help their sadness go away.
4. Talk about the importance of sharing feelings with others, both happiness and sadness, in an appropriate way.
5. Ask them if they have ever helped others who were feeling a little sad. If so, encourage them to tell you what they did.

**Picture:** Draw 4 different heads without faces

**Caption:** Draw and color a sad face, a happy face, an angry face and a frightened face on the children.