



You Hold Me Up

Family Activity Guide

You Hold Me Up is a quiet story about the simplicity of love, the importance of respect and the cultivation of compassion. There is a spell that happens when a book is read for the first time and it is helpful if the first reading flows smoothly.

With this book, the second and subsequent readings are for stopping, exploring the illustrations and asking questions. Woven into this pamphlet are reflective questions and activities to support you as a family to interact, discuss, draw, build and create what the 6 values mean to each of you.

You are encouraged to explore nature and collect materials that could be used to enhance the drawings and art you and your child create.

Everyday, families are encouraged to talk, read, sing, and play.

Kindness



1. As a family, talk about what kindness feels like, sounds like, and looks like.
2. Why is kindness important to our family?
3. Who is responsible for kindness in a family?
4. What are examples of acts of kindness that happened in our family? How did it make you feel?

Activities

- Think of a time someone was kind to you. Share the story and how you felt.
- Think of a time you were kind to someone. Share the story and how you felt.
- Can you think of one person today who needs your kindness? What actions will you take to make sure they feel that you care?
- Create something that reflects what kindness means to you. E.g. a drawing, a collage, or a song.

In families, it is common to share what we have. In *You Hold Me Up*, the page about sharing has an illustration that looks like a brother, cousin, or friend, sharing an apple with someone younger. Sharing can be of an object, like the apple, and it can also be sharing our unique gifts as members of our family. Our gifts are the things about each of us that makes us unique.

Sharing



1. What does it mean for family to share gifts with others?
2. What gifts do you have that you can share with others today?
E.g. playing sports, going fishing, singing together, giving someone a hug, sharing stories, sharing your favourite teddy bear when someone feels frightened.

Activities

- Think of a time when you shared a piece of yourself and it made another person happy. Draw what it was that you shared.
- Think of a time you shared something you owned with another. Draw how it made you and the other person feel.

Playing



1. When you are playing with people you love, how do you feel?
2. What happens to family when people of all ages play together?

Activities

- Draw or cut out pictures to show how you feel when you play.

When I play and share I feel _____.

Comforting



1. Close your eyes. Name one sound that makes you feel comforted. Is it the sound of someone's voice? Your cat purring or your dog snoring? The rain outside your window?
2. Open your eyes. Name one thing you see around you that makes you feel comforted. Is it a person? An animal? A thing? Or something in nature?
3. Describe a time you felt comforted by someone. What did they say or do?
4. Think of one person who could use comforting today. What will you say or do to make them feel that you care?

Activities

- Draw a picture of how you feel when you are comforted. Share it with your family and then put it on the fridge or build a "comfort wall" with a drawing from everyone in your family.
- In the box below, create or glue a picture of your family. Have a member of your family write a message.

Family Photo and Message

(Read and decorate this box together with your child)

This is my hope and dream for my child:

Respecting



1. What does respect look like? Sound like? Feel like?
2. Describe a time you felt really respected by a family member.
3. What does respect look like when shown to elders, siblings, family members, friends or the environment. Share some examples.

Activities

- Create a respect scrapbook for your family. Include photos, pictures, gestures, poems and stories about moments where respect was shared.
- Paint, cut out or draw a picture of being respectful to someone in your family, including your family pet.

Singing



1. How do different songs and music make you feel?
2. Think of a song that makes you feel you are loved. Is it a lullaby? A cultural song? Maybe it is instrumental music?
3. How does singing together change the way we work together?
4. Do all cultures sing together? Can you find examples?

Activities

- Think of a song that when played makes you feel happy. Play that song before sharing a meal with your family. Have everyone in your family share their song.
- Play *Listen to the Water* (available for download on the Welcome to Kindergarten app and website) and download the lyrics found on the The Learning Partnership website. Sing the song and do the playful corresponding actions.
- Draw, build, or create a collage of you singing and doing the actions.