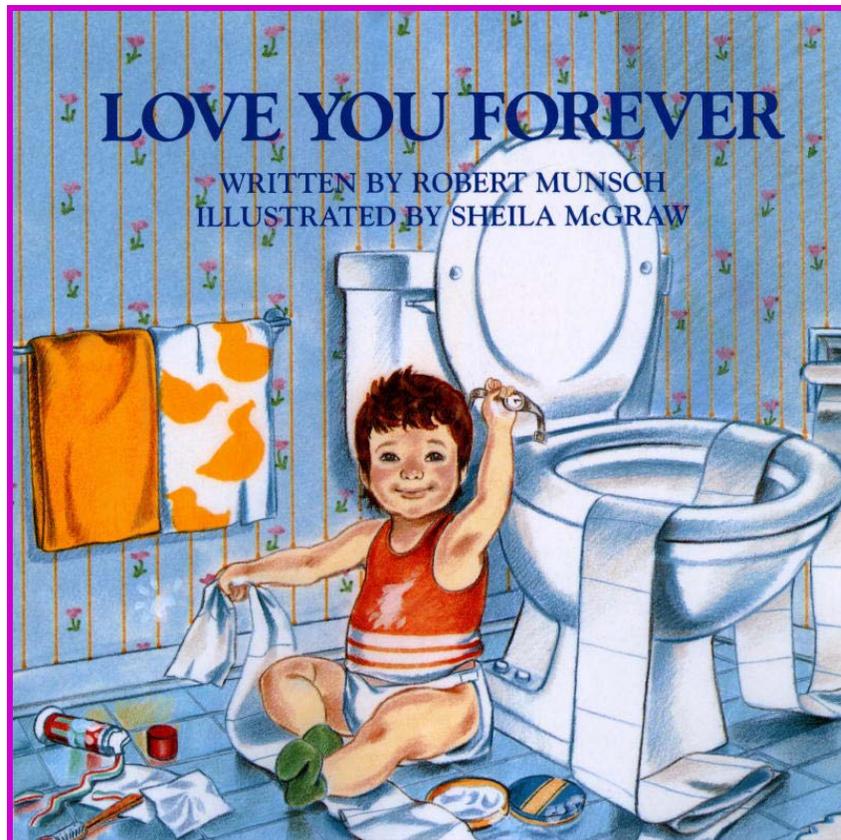


Books in the Home Program



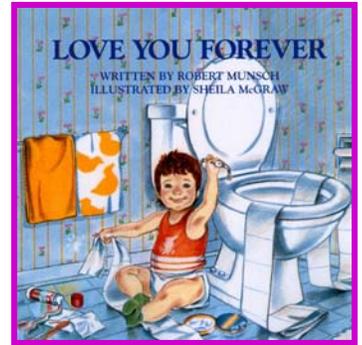
By

Robert Munsch

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Copies of *Love You Forever*



If you would like to buy copies of the book *Love You Forever*, you can contact your local bookstore.

The Book Cellar (867) 920-2220
Yellowknife 1-800-944-6029

Pages (867) 874-3331
Hay River

Boreal Bookstore (867) 777-3748
Inuvik

North of 60 Books (867) 872-2606
Fort Smith

What You Will Need for This Session

- A copy of *Love You Forever* for each family in the program
- A journal for parents
- Session Overview
- Copies of Self-Esteem Bingo for each participant
- Flipchart paper
- Copies of handouts *Why is Self-Esteem Important for Learning, Ways to Build Self-Esteem in Our Children, What Children Need, Ways to Praise Your Child*
- Copies of the *Activities to Do at Home with Your Children* handout
- Copies of the *Literacy Action Plan* handout
- Craft materials—crayons, glue, scissors, paper, etc.
- *Love You Forever* activities in this kit
 - ★ Family Word Search
 - ★ Rhyming Words
 - ★ The Letter L
 - ★ Family Flashcards
 - ★ Paper Family Tree
 - ★ Memory Box
 - ★ Family Literacy Activity Calendar
 - ★ Love You Forever Poem

Snack of the Week—Nachos and Cheese

- Cheddar Cheese
- Sour Cream (light)
- Salsa
- Nacho Chips
- Vegies

Grate the cheese and spread over nachos. Cut up vegetables (peppers, tomatoes, green onions) and spread over nachos and cheese. Bake in the oven at 350°C until cheese is melted. Serve with Salsa and Sour Cream.

Enjoy!

Session Overview

Introductions

- **Warm Up Activity**— Do warm up activity with participants. Self-Esteem Bingo

- **Expectations**— Ask parents what their expectations of the evening are. Flipchart the responses and then try to meet those expectations.

- **Group Agreements**— Review the Group Agreements.

Tip of the Week-
You can combine parenting topics with the Books in the Home program. This week discuss the importance of building self-esteem in children. When you read the book together point out how the mother builds self-

Group Brainstorm & Discussion

- **Review what happened during the week**
 - What kinds of literacy activities did you do at home last week?
 - Did you follow your action plan?
 - How did it go?
- **Self Esteem**
 - ✓ Brainstorm why self-esteem is important to learning
 - ✓ Give out handout “Why is Self-Esteem Important to Learning” and discuss
 - ✓ Go over handout “Way to Build Self-Esteem in Children” and “Ways to Praise Your Child”
 - ✓ Also you could talk about how reading and singing to your child will build security which in turn will build self-esteem.

Books in the Home

***Love You Forever* by Robert Munsch**

- Introduce the book.
- Read the book together as a group.
- Discuss the book as a group.
- Brainstorm activities related to this book that parents can do at home with their children.
- Make an activity related to the story that families can use at home.
- Give out handouts related to the book and review the activities together. Make sure you go over each activity and show parents how to do them.



Adult Writing

- Have parents review the weekly Literacy Action Plan for next week.
- Have parents write down one thing in their journals that they learned this evening and then share it with the group, if they want to.

Wrap Up

- Ask the participants for feedback on the session: “What did you like about the session? What did you not like?”

Story Time

- Have children come back from their reading circle to spend time reading with their parents.
- Gather everyone together and read one more story or teach the poems to everyone.

Nutritional Snack

- Take a break for a nutritional snack and drinks.

Self-Esteem Bingo

Come up with 16 different words that are related to self-esteem and put them randomly on the next sheet.

Examples or words pride, accomplishment,
happy, high self-esteem,
feeling good

Give a prize to the winner!

1.





Books in the Home

Self Esteem Bingo



Love You Forever

° Why is Self-Esteem Important for Learning?

- Studies show that bright children who think poorly of themselves may do poorly in school, but average children who believe in themselves can do really well.
-
- Good self-esteem has a positive effect on just about every part of a child's life:
 - ✓ How they get along with others
 - ✓ How they handle school and studying
 - ✓ How they deal with pressure and stress
 - ✓ Just about everything they do as children, adolescents and adults

So why is self-esteem important to learning?

Children who have high self-esteem are:

- ✓ Willing to try tough learning assignments
- ✓ Willing to try something new
- ✓ Even if they don't get the answer right the first time, they will usually keep on trying until they get it right

High self-esteem helps children in other ways as well. Kids with high self-esteem are:

- ✓ Happier
- ✓ Have more friends
- ✓ More accepted by others

Ways To Build Self-Esteem In Our Children

The way we deal with our children can have a big impact on how they feel about themselves.

Instead of...	Try this...
Giving your child a lecture	<ul style="list-style-type: none">• Ask for information and have your child tell you what they are thinking.
Telling your child how “wrong” they are	<ul style="list-style-type: none">• Ask your child to explain what they are thinking or feeling.• Children will talk more freely if they don’t feel like they are being judged.
Nagging at your child	<ul style="list-style-type: none">• Try using a joke or humour instead.• Nagging makes it hard to communicate but humour can make it easier.• We usually don’t realize that we are nagging. Instead of nagging, try turning a chore into a competition or game.
Dealing with your child when you are really angry	<ul style="list-style-type: none">• Waiting until you are both calmer to talk about a problem.• Being angry or upset makes it hard to communicate.• Let the anger go away before you talk about the problem.
Telling your child what they are doing wrong	<ul style="list-style-type: none">• Catching your child doing something good.

What Children Need

Love

- To feel they belong
- To feel special and loved
- To be raised with care – and lots of hugs
- To have love no matter what

Respect

- Freedom to be themselves
- For someone to listen and guide them
- To learn about their culture
- To feel their ideas have value

To be Accepted

- To have their feelings respected
- For people to say they are smart
- Praise for trying to learn
- Help and support

Success

- To have fun
- To have some control of their own life
- The chance to finish things
- The chance to be part of things
- Lots of praise

To Feel Safe

- A safe body and feelings
- To be safe from abuse
- Respect for private feelings and things
- For promises to be kept
- Food that is good for them



Ways to Praise Your Child

Wow	Hot dog	Beautiful
Way to go	Remarkable job	Fantastic
You're special	You're beautiful	You're on target
Outstanding	You're a winner	You're on your way
Excellent	You make me happy	How nice
Great	Hip, hip hooray	You're spectacular
Good	You're important	You're darling
Neat	Magnificent	Super
Well done	You're precious	Super job
Remarkable	Fantastic job	Beautiful work
I knew you could do it	You've discovered	Good for you
I'm proud of you	the secret	Nothing can stop you
Super star	Bingo	now
Nice work	Great discovery	Dynamite
Looking good	You are responsible	You're fantastic
How smart	You are exciting	Awesome
Good job	You are fun	What a good listener
That's incredible	You're a real trooper	You're a treasure
Bravo	Marvelous	You mean a lot to me
Beautiful	Terrific	You're a good friend
I like you	You're growing up	That's correct
I respect you	Outstanding	A big hug
You're sensational	performance	What an imagination
Phenomenal	You tried hard	You learned it right
A+ job	You figured it out	You're incredible
Hooray for you	You brighten my day	Now you're flying
You're unique	Super work	Say I love you!
You care	That's the best	Beautiful sharing
Creative job	You made my day	

Activities to Do at Home with Your Children

- ★ Play the game “I know something that you’re good at.” Say to your child “I know something that you’re good at,” and have them guess what that may be. If they guess wrong you say “You are very good at that but I was thinking of something different.” Do that until they guess the right thing.
- ★ Write a letter or postcard to your child telling them how special they are to you. It is always so exciting to get mail!
- ★ Each week have one of your children be *the PAL of the week*. Draw their outline on a big piece of paper and then put it up on the wall. You could put their picture on the wall with a blank sheet beside it too. Write down compliments about them throughout the week. At the end of the week review the compliments. Do it for each of your children!
- ★ See how many positive words you. Have a word list up on the fridge and see how many positive words you can come up with. Keep adding to the list!

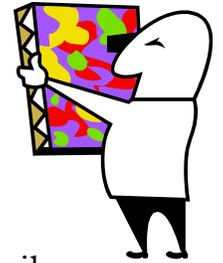


Books in the Home

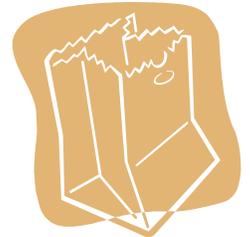
- ★ Play “*spin the bottle*” with a self-esteem theme. Have your family or friends sit in a circle with a bottle in the middle. Have one person spin the bottle. When it lands on someone that person must tell them a compliment.



- ★ Make a collage of all your strengths and goals. Cut out magazine pictures or draw pictures of all your strengths and/or goals. This is a great family activity that will boost self-esteem.



- ★ Make up *Self-Esteem Bags*. Each member of your family decorates a paper bag or envelope with all the things that make them feel good. Tape the bags on the wall and have each family members write compliments for each person in the family. At the end of the week sit down together and share your compliments with one another.



Books in the Home

Literacy Action Plan: *Love You Forever*

Monday

____ read together for 15 minutes



Tuesday

____ read together for 15 minutes

Wednesday

____ read together for 15 minutes

Thursday

____ read together for 15 minutes

Friday

____ read together for 15 minutes

Saturday

____ read together for 15 minutes

Sunday

____ read together for 15 minutes

Choose from these activities or make up your own.

- Family Word Search
- Rhyming Words
- The Letter L
- Family Flashcards
- Paper Family Tree
- Memory Box
- Family Literacy Activity Calendar

Family

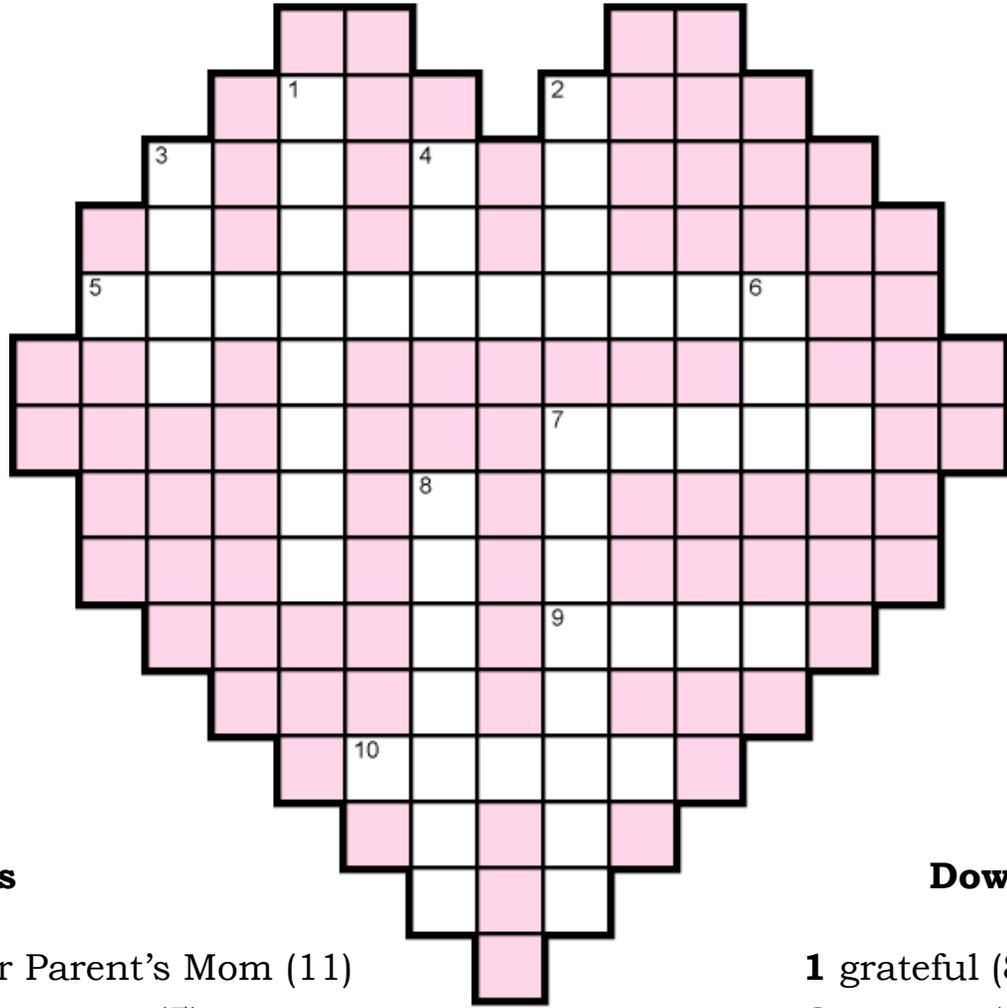


r e h t o r b b r y g
y r e h t o m e a r z
l e l n n o h t a w r
i t c b i t z n w e g
m s n y a s d a u n t
a i u f n p u w e f e
f s w n a m t o r o w
u i c r t p r l c x p
t g e n d c e b s x u
u n c l r m z f e m a
t w q r v t o h c y t

aunt
brother
cousin
family
father

grandparent
mother
sister
uncle

Love You Forever Crossword Puzzle



Across

- 5** Your Parent's Mom (11)
- 7** sweet treats (5)
- 9** I _____ you, Mom (4)
- 10** Young at _____. (5)

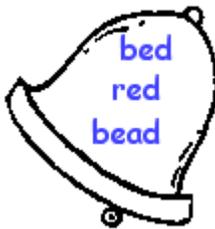
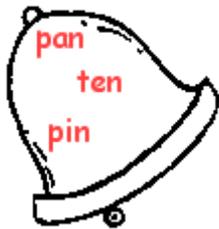
Down

- 1** grateful (8)
- 2** present (4)
- 3** Send a greeting _____ to a friend. (4)
- 4** Opposite of Dad (3)
- 6** color of hearts (3)
- 7** kids (8)
- 8** plants with blossoms (7)

Rhyming Words

Color in each bell that has 3 rhyming words on it.

Rhyming words sound the same, like cat and hat.



More Rhyming Words

Match the words that rhyme

Rhyming words sound the same, like cat and hat.

Love	too
sang	told
Forever	glove
old	fang
you	never
grew	fight
asleep	zoo
night	peep

Word Poems

Come up with words for each letter of the title.

Love

O _____

V _____

E _____

Y _____

O _____

U _____

F _____

O _____

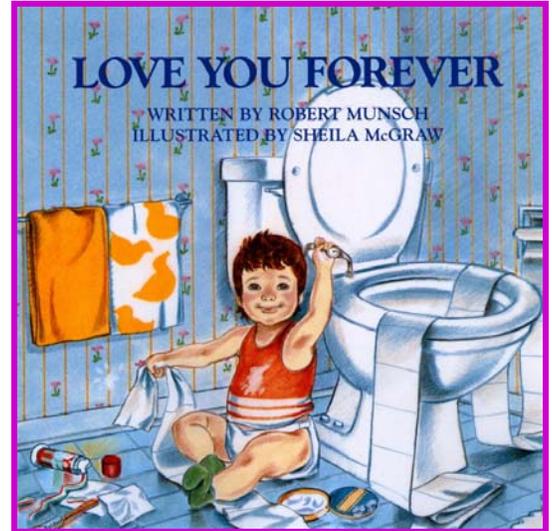
R _____

E _____

V _____

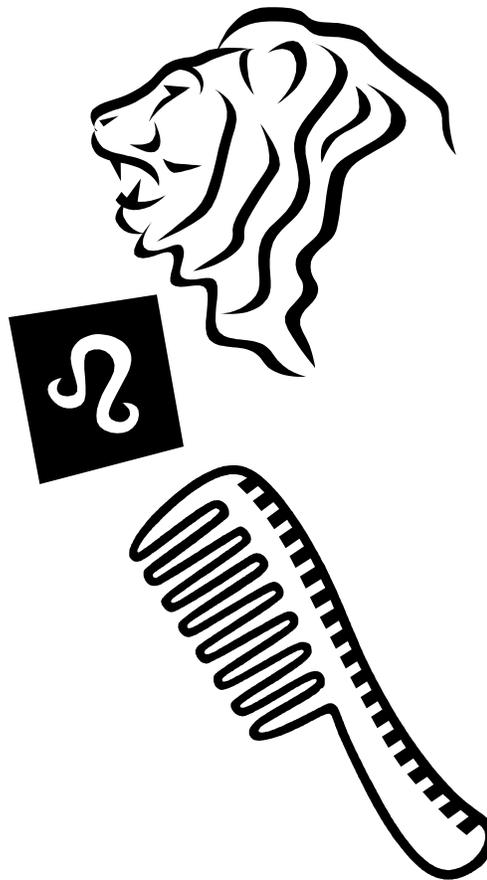
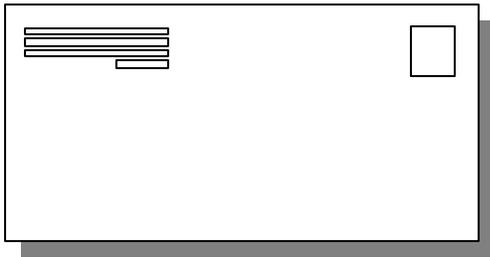
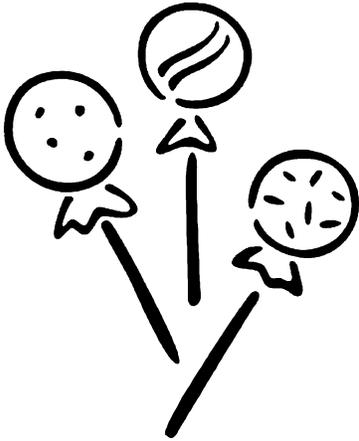
E _____

R _____



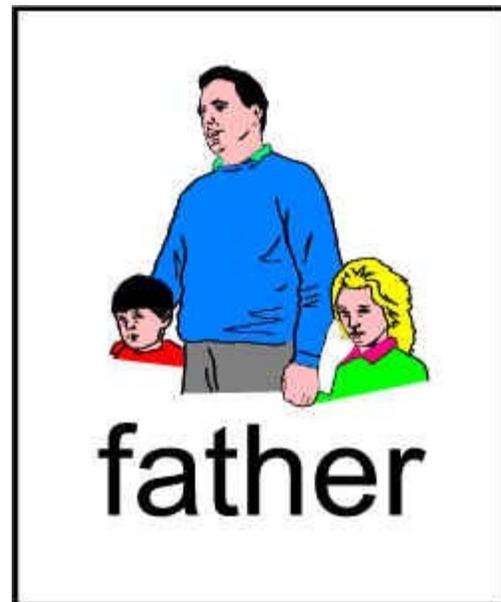
The Letter L

Find all the words that begin with the letter L and colour them.



Family Flashcards

- Cut out the flashcards
- Glue them onto cardstock or cardboard
- Laminate the flashcards with packing tape
- Use them to teach your children words that are relate to family
- Have them draw their own picture with their name
- Make it into a flash card
- They can do that for each member of the family





uncle



aunt



grandfather



grandmother



brother



boy



girl



sister

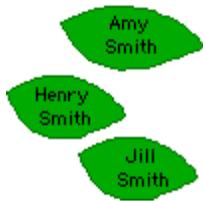
Books in the Home

Supplies needed:

- Sky blue and green construction paper
- Crayons, tempera paint, or markers
- Scissors
- Glue stick



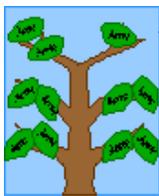
Draw a large tree with many branches.



Cut out leaves from the green construction paper.

Each leaf will represent a person in the child's family and should be big enough to write that person's name on the leaf. Cut enough leaves for each of the child's siblings, parents, and grandparents (or more!).

Write the name of each person on their leaf. You might want to include the relative's relationship to the child, like "Grandma Joan Smith."



← The child and siblings
← The child's parents
← The child's grandparents

Glue the leaves to the tree. Put the child's generation at the top of the tree, the parents at the second level, and the grandparents at the bottom.

Memory Box

Create a wonderful box to help you remember the year, a vacation, a person you miss, or an important event in your life. Decorate a box and fill it with items that remind you of that time, event, or person.

Supplies needed:

- A small box of some type (could use a shoe box or wooden box)
- Mementos (like awards, ribbons, a paper handprint, photos, drawings, playbills, ticket stubs, pressed flowers, clippings, hand-written poems, scraps of fabric, trinkets, etc.)
- Glue
- Paint, permanent markers, and/or glitter



Decorate the outside of the box.



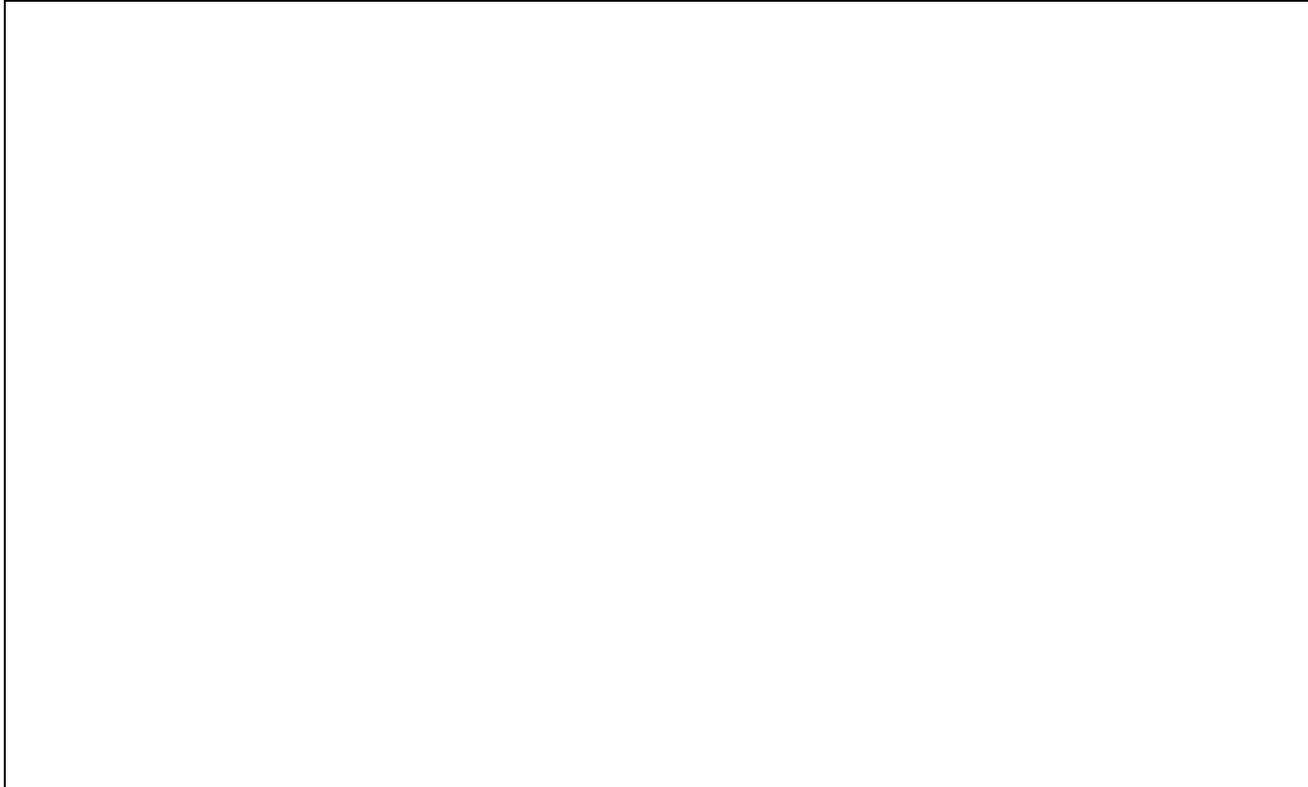
Arrange the mementos in the inside of the box and glue them in securely.

Family Activity Calendar

1. Glue each page on the calendar to card stock or cardboard.
2. Glue a picture of your family to the first page
3. You can laminate the first page by using packing tape
4. With your family fill in:
 - i. All the dates for the year
 - ii. All the special dates like birthdays and anniversaries for family members, extended family members, friends
 - iii. Look on another calendar for all the holidays and fill yours in accordingly
5. Each month fill in the family literacy activities you are going to do. Pick dates for your activities and make sure you follow through. Some examples of activities are:
 - i. Family games night
 - ii. Camping
 - iii. Out on the land activities
 - iv. Storytelling night
 - v. Pizza night
 - vi. Charades

- vii. Making books
 - viii. Making photo albums
 - ix. Cooking or baking together
 - x. Playing softball or road hockey
 - xi. Special dinner nights
 - xii. No T.V nights
 - xiii. Music night
 - xiv. Singing and dancing
 - xv. Book club – everyone reads the same book and then you have a fun evening of discussion, food and laughter
 - xvi. Discussion nights about different topics – communication, self-esteem, values, traditions etc
6. Give your children responsibilities for your family literacy nights – for example they must read a certain book or prepare the snacks for the evening.
7. Put your calendar up on the wall or fridge where everyone can see it!
8. Laminate each month after you have filled in your monthly activities.

Family Activity Calendar



My Family

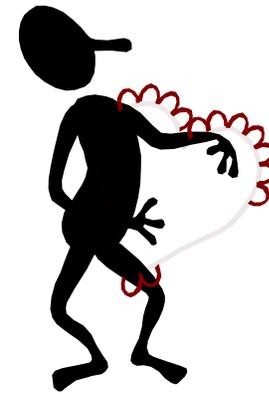
January



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

February



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

March



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

April



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

May



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

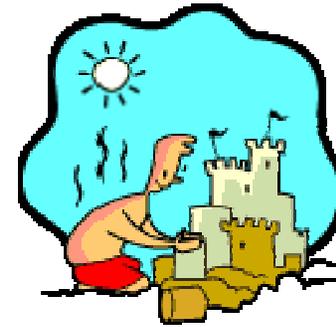
June



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

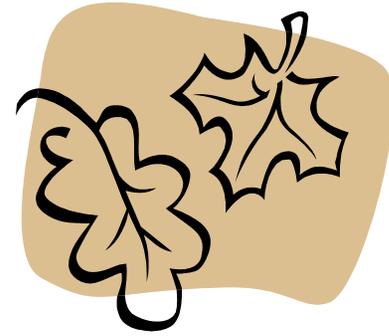
July



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

August



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

September



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

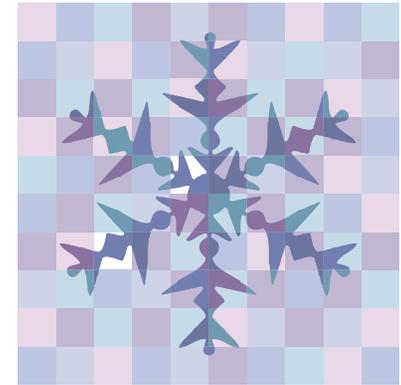
October



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

November



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

December



Family Activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Love You Forever

Sing or say this song to your child

I'll love you forever,
I'll like you for always,
As long as I'm living
my baby you'll be



Books in the Home

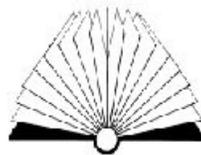
For more information on the *Books in the Home* Program, or other literacy programs, contact

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NWT Literacy Council

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