



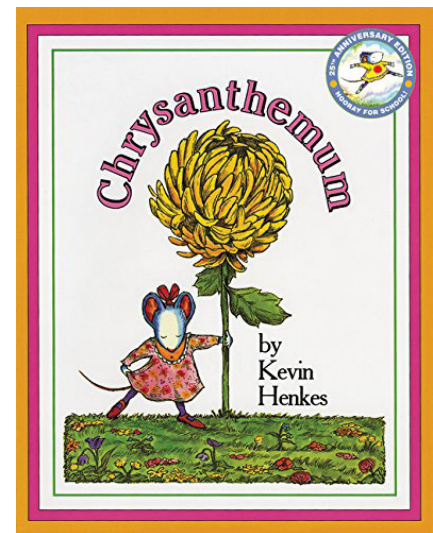
# SOCIAL-EMOTIONAL STORY HOUR



## Chrysanthemum

**This is a book about acceptance and loving the way you are and who you are.**

Chrysanthemum is about how teasing and unkind words can make others feel sad. It is important to love yourself for who you are and not what others want you to be. Be yourself and love yourself.



By: Kevin Henkes  
Publisher: Mulberry Books

### Things to talk about

When reading the book talk with you child about Chrysanthemum's feelings throughout each situation. Tell your child how you would feel in that situation.

Talk with your child about Chrysanthemum's worries about her school and her classmates. Talk to your child what your worries would be.

Ask you child to describe Chrysanthemum's feelings? Sometimes we refer to positive statements and kind words as bucket fillers. Chrysanthemum's parents, teachers and friends begin to fill her bucket with positive and kind words and statements. What were those kind words and statements being said to her?

# Try these fun activities at home

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## Praise Worthy

- Talk to your child about why they are absolutely perfect! Talk to your child about why you named them their name. Ask your child a time in which they loved the way their name sounds. Ask your child when they loved the way their name looks.
- Praise them for helping you around the house, completing chores, playing nicely with siblings and using nice words.
- Praise them for things they do around the house even if they are expected to. You will be surprised how much verbal praise can affect their self-esteem and behavior. When was the last time you were thanked for washing the dishes? It would make you feel good and appreciated, even though it had to be done. It always feels good to get praise, even as an adult. Always remember that we need to leave others better than we found them.

## Impact of Words

- Use any kind of paper and cut out a heart shape. Every time a character in the story says something hurtful or unkind to Chrysanthemum have you child wrinkle the heart. This shows how much our words can impact others. Then every time her parents, teachers or friends told her something kind, smooth out the wrinkles in the paper. Together, you and your child can talk about how you can heal the hurt heart together. Write what you can do on the heart.

## Fill Your Own Bucket

- Be Bucket Fillers at home! Fill your child up with praise and positive statements about what you like about them.



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