

ME AND YOU



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ME AND YOU

In this book, you will:

learn new words.

answer interesting questions about
your family, friends, and yourself.

find fun activities at the back of the book.



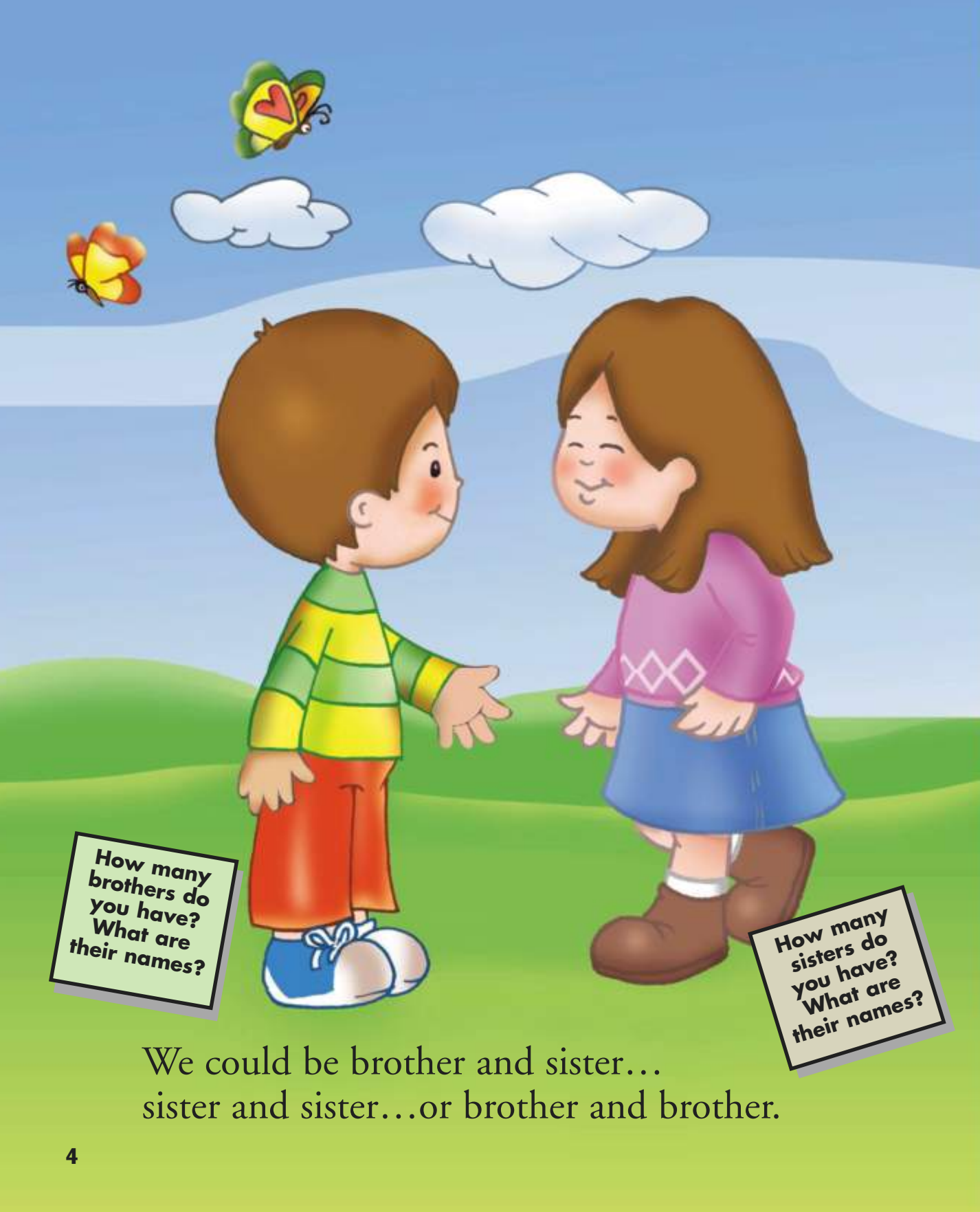
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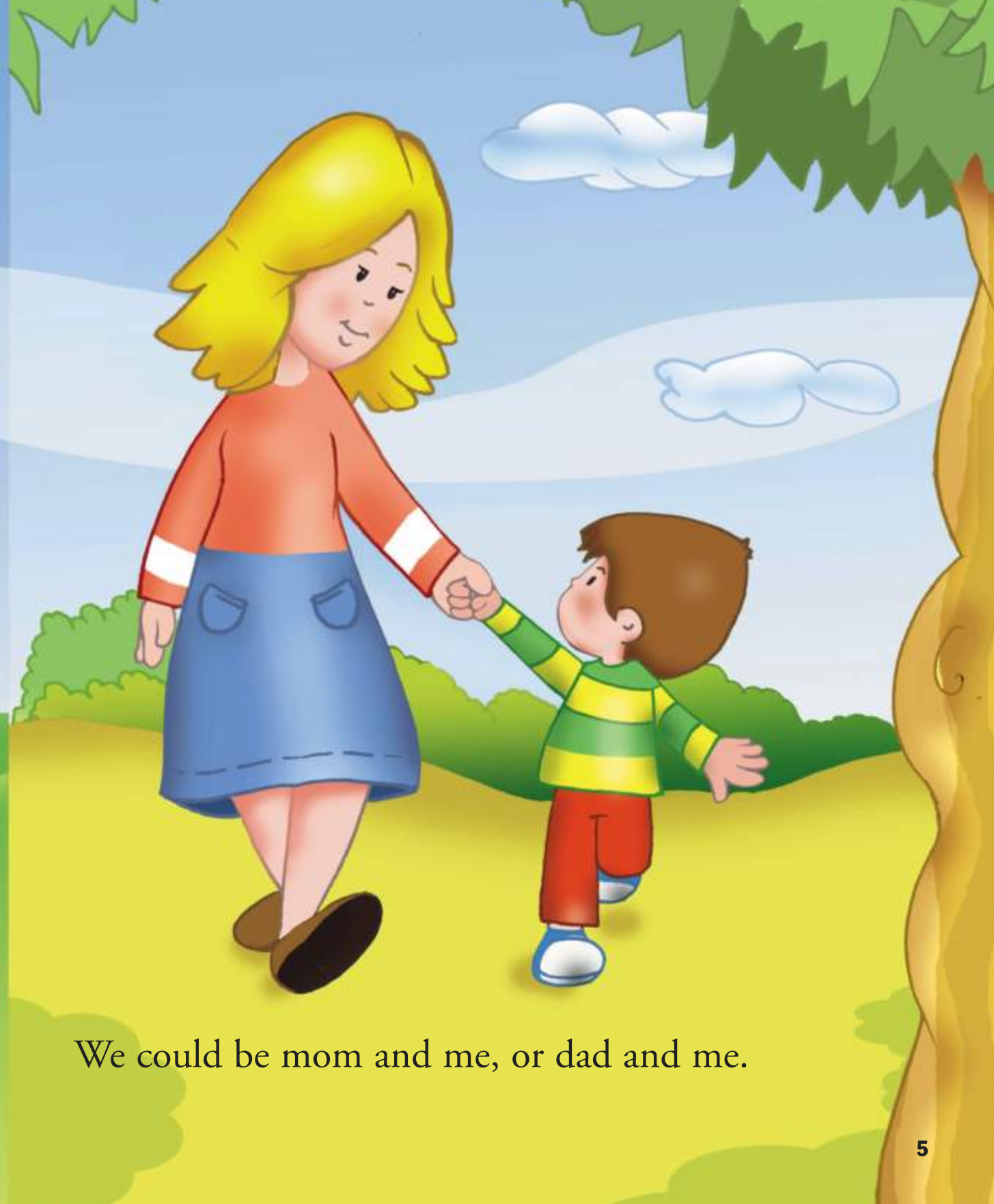
I am just me.
But you and I together make two—me and you.



We two could be friends. Or we could be
two people in the same family.



We could be brother and sister...
sister and sister...or brother and brother.



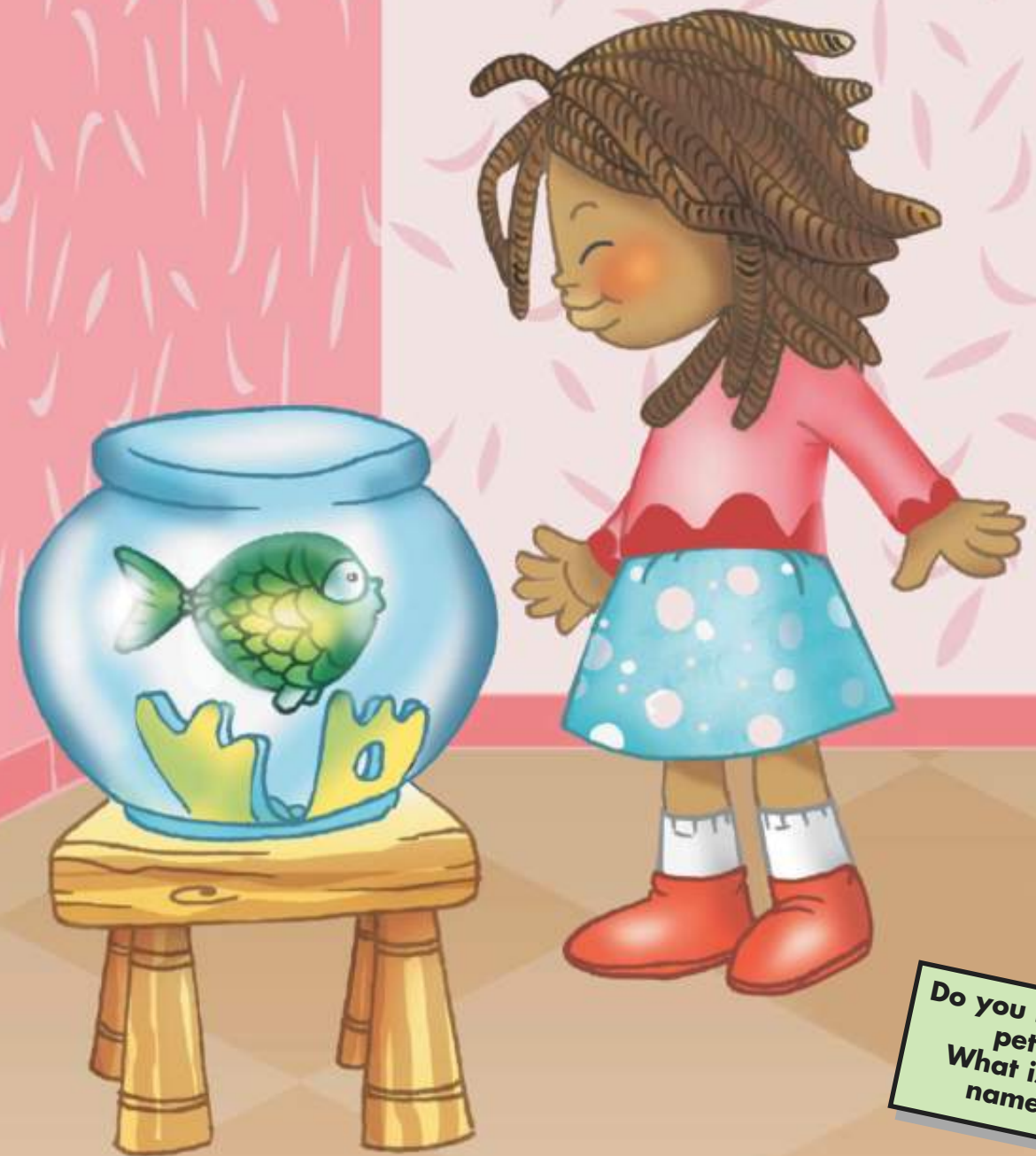
We could be mom and me, or dad and me.

We might be
a cousin and me,
an aunt or
an uncle and me,
or me and
grandma or grandpa.

Do you have
any cousins?
What are
their names?

Do you have
any aunts or
uncles?
What are their
names?

Do you have
grandparents?
What are their
names?



Do you have a
pet?
What is its
name?

We could even be my pet and me!

All of us together make a family.



Families come in all sizes.
A small family might have just two or three people.



Other families are more medium-sized.

Some families are really big!



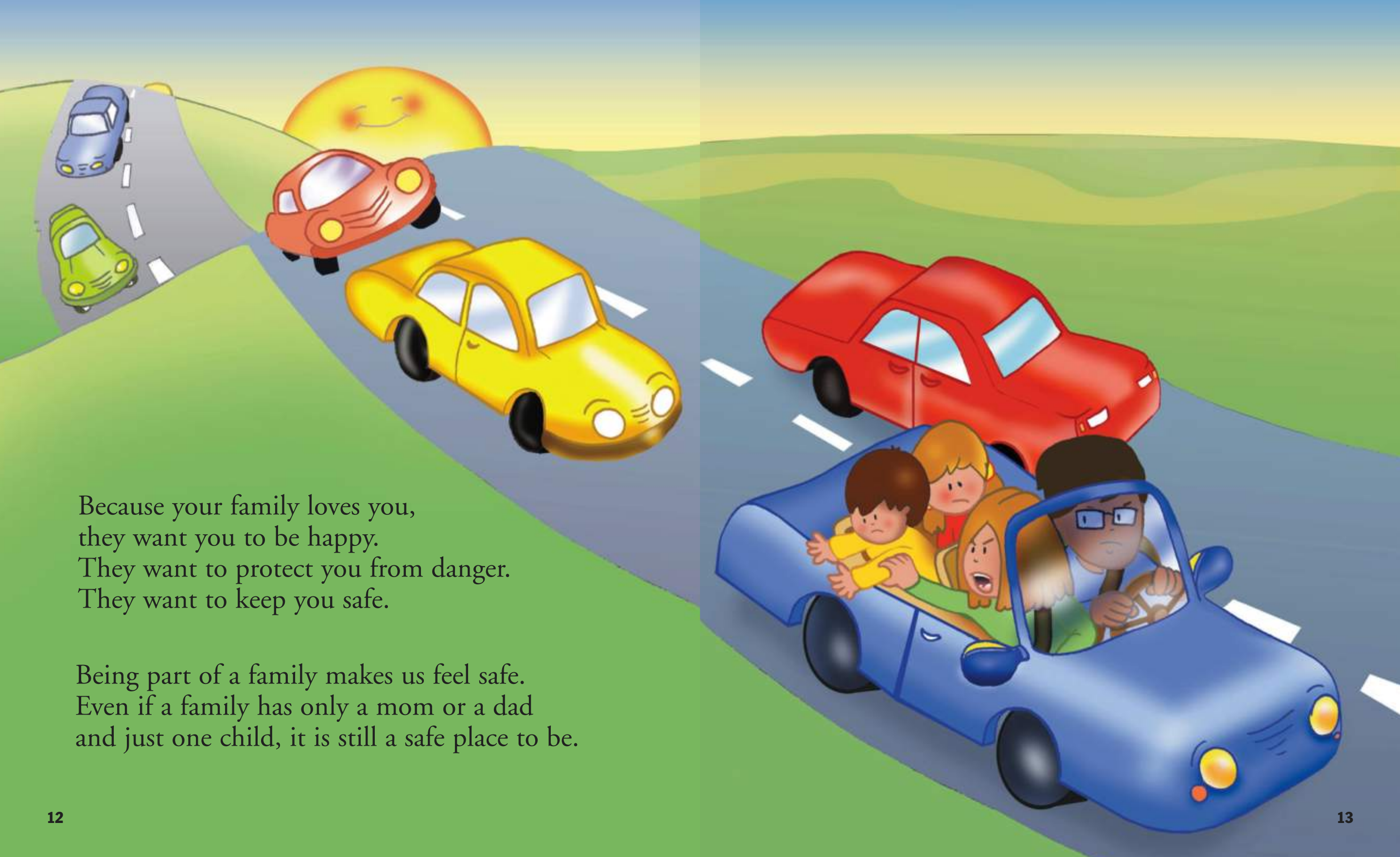
How many
people are
there in
your
family?

What are
their
names?

In many families, parents, grandparents, and lots of kids might live together in the same house.

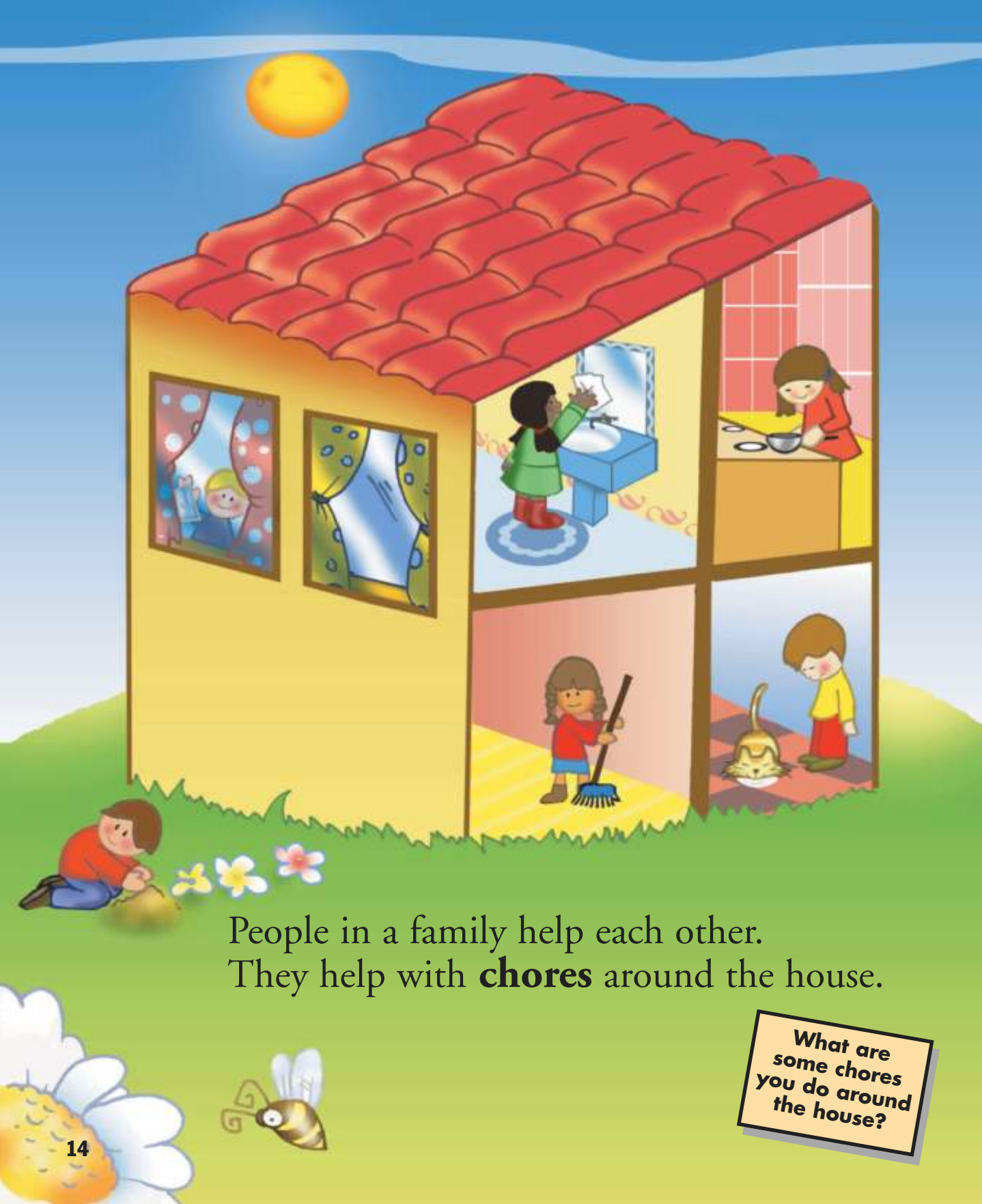
Pets might be part of the family too.

Families are important to everyone.



Because your family loves you,
they want you to be happy.
They want to protect you from danger.
They want to keep you safe.

Being part of a family makes us feel safe.
Even if a family has only a mom or a dad
and just one child, it is still a safe place to be.



People in a family help each other.
They help with **chores** around the house.

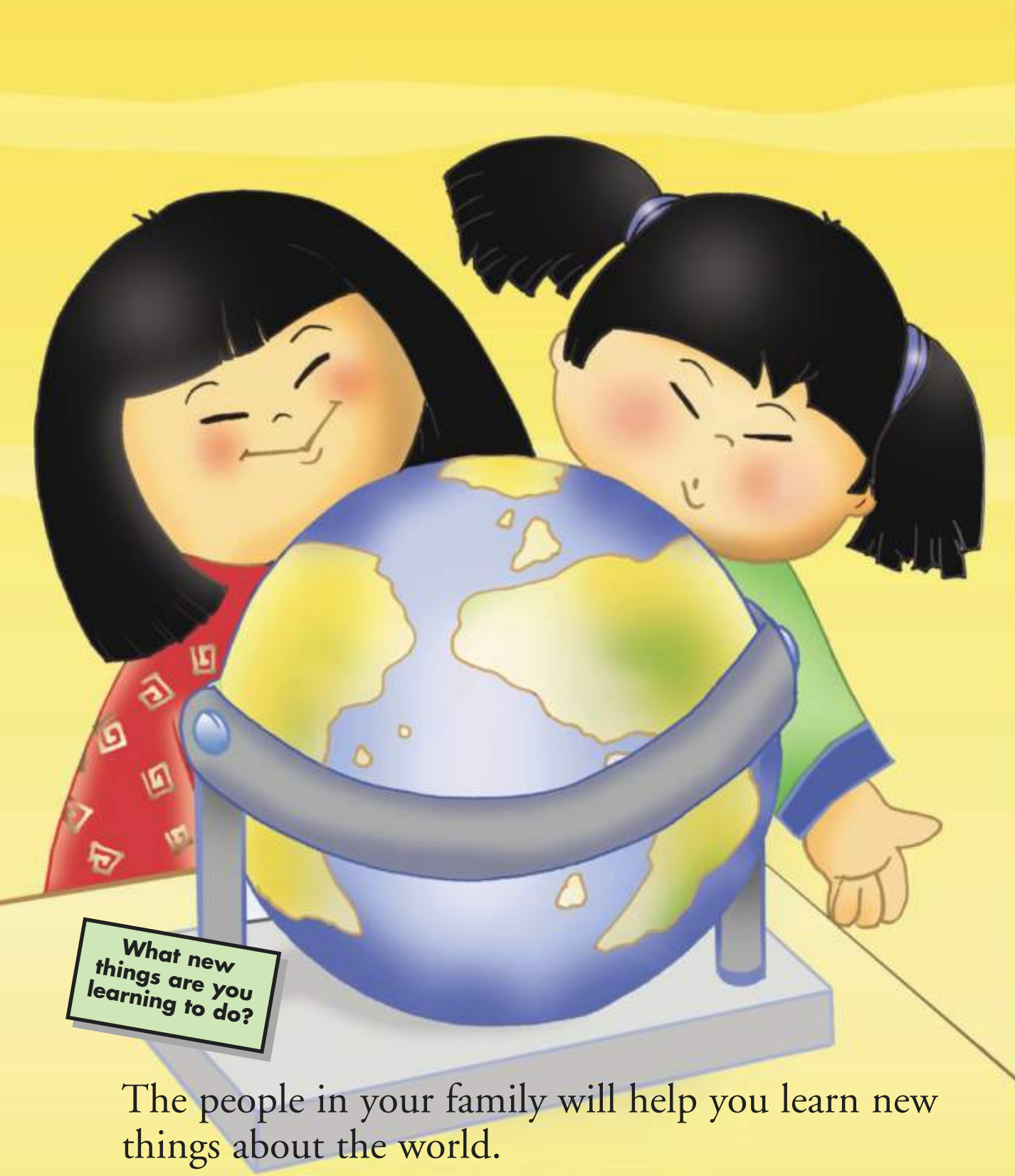
What are
some chores
you do around
the house?



What are some
ways you and
your family help
each other outside
or away from
home?

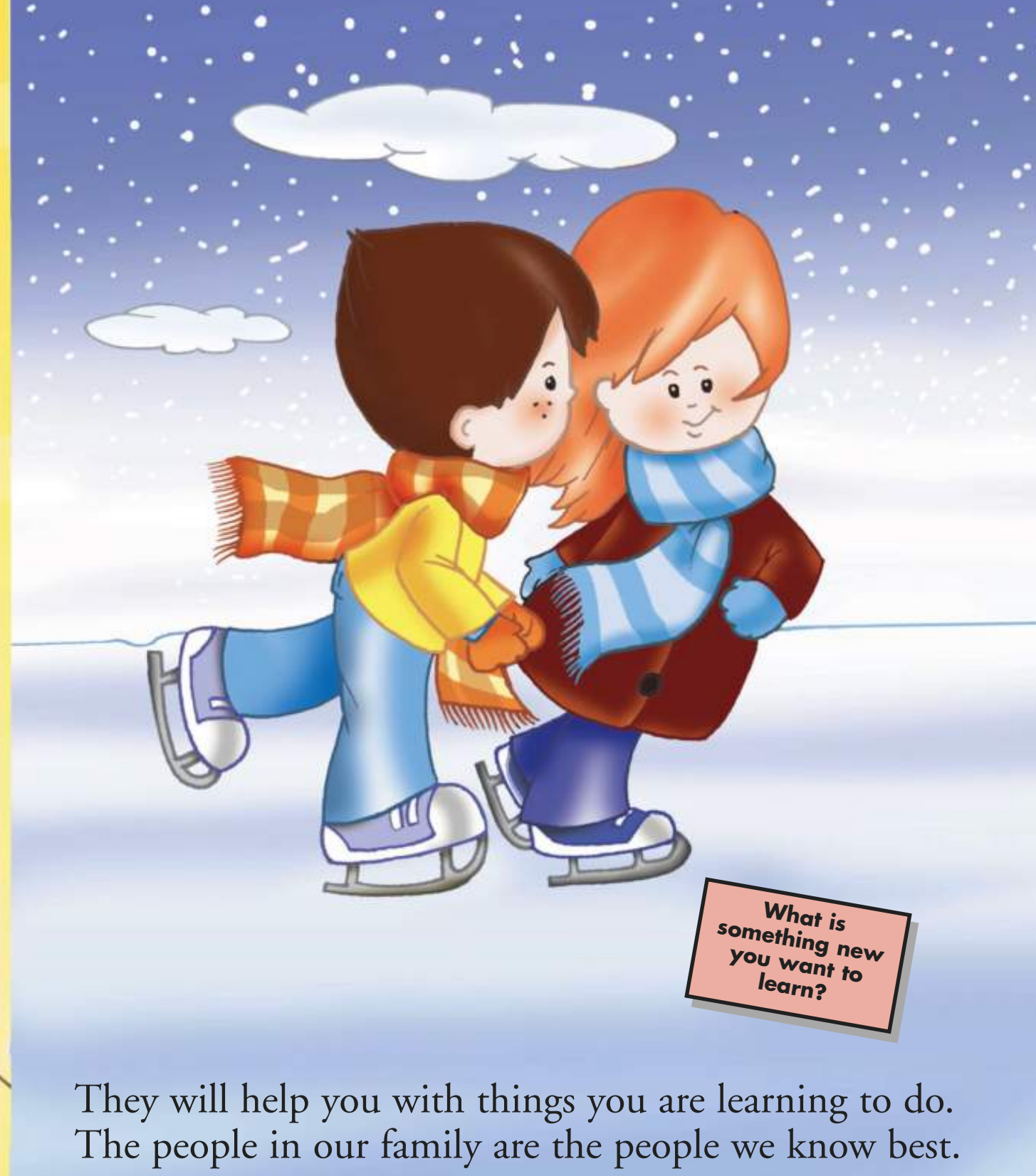
They help each
other outside the house too.
They help when you feel hurt
or frightened.

Who in
your
family
helps you
when you
feel hurt
or afraid?



What new things are you learning to do?

The people in your family will help you learn new things about the world.



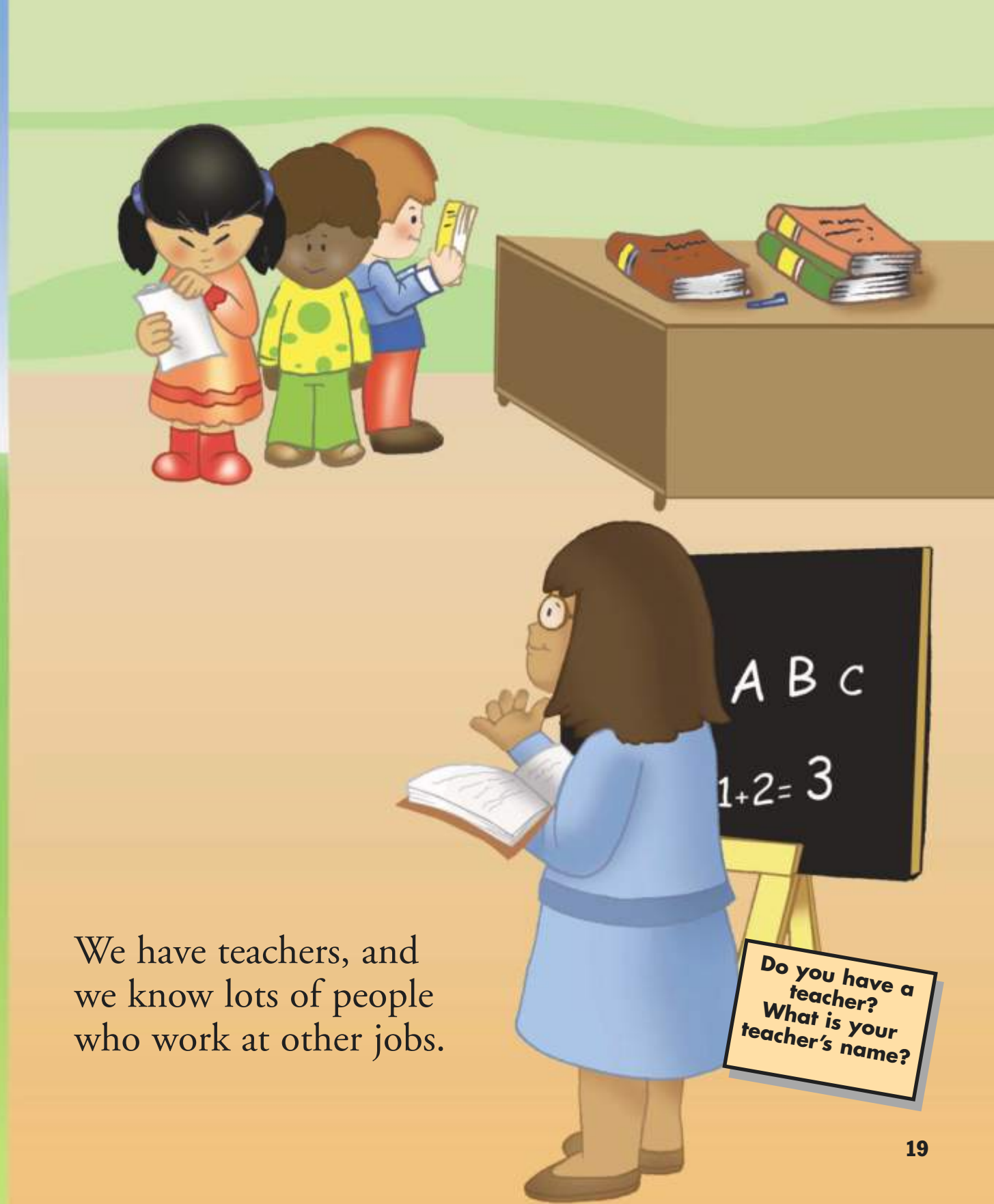
What is something new you want to learn?

They will help you with things you are learning to do. The people in our family are the people we know best.



We know lots of people outside the family too.
We have friends and neighbors.

Who are some
people you know
around your
neighborhood?



We have teachers, and
we know lots of people
who work at other jobs.

Do you have a
teacher?
What is your
teacher's name?

Our best friends are like another kind of family.



We have lots of fun with our best friends.
They are people we like to spend time with.

Can you find
the two pieces
of each picture
that put the
friends back
together?



Make up a story
about the people
in one of these
pictures.





You might find your best friend right in your own family!

Best friends are people who like us very much and treat us nicely. They laugh when we are funny. They like to see us do well. They try never to hurt us.



Who is your best friend?



Sometimes we might have a fight with a friend or with someone in our family. People can get angry with each other.



It might be because they don't feel well or are tired. They might get angry because of a **misunderstanding**.

There are lots of other reasons someone might get angry.

If a friend or a family member gets mad at you, don't worry. They still love you—even when they are angry.

They are just letting out some feelings!

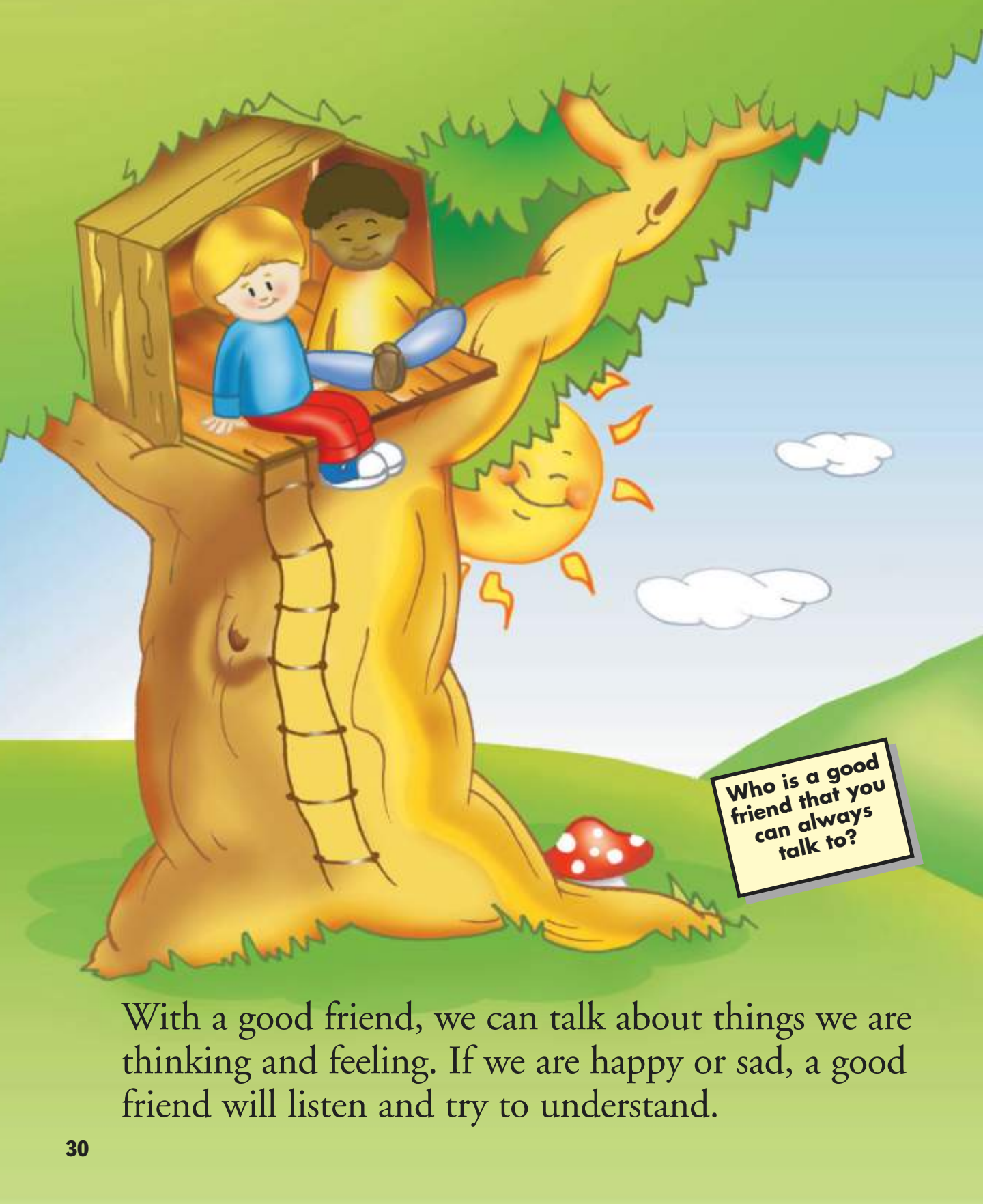




Have you ever
had a fight
with someone
and then made
up? Tell what
happened.

If you have a fight with someone close to you, try to talk about it. If you can tell each other how you feel, you probably won't be angry or hurt for very long!

Soon you will have the good feeling of being close together again.



Who is a good friend that you can always talk to?

With a good friend, we can talk about things we are thinking and feeling. If we are happy or sad, a good friend will listen and try to understand.

A good friend is someone we learn to share with. It is always important to share with brothers and sisters. It is just as important to share with friends too.



What is something you have shared with someone recently?
How did you feel about sharing?



Sometimes it seems a little bit hard to share—especially if both of you want the same thing very much!



But if you and your friend take turns sharing something you both want—like a toy—you can have both the toy *and* the friend.



People make the best friends, but sometimes we have other kinds of good friends too.

Special toys are like friends.

Do you have a special toy?
What is it?



Our pets are friends and sometimes so are other animals. We meet **imaginary** friends in books and movies.

People and pets and toys and books can all be our friends.

Anything you like to spend a lot of time with could be called a friend.

It is nice to have a friend ...
and to be one too. We can make friends
almost anywhere!



2

ME AND YOU

GLOSSARY

chores (chorz) small jobs that are sometimes not very much fun to do

imaginary (i MAJ ah ner ee) not real, something we make up in our minds

misunderstanding (miss un duhr STAND ing) not understanding something, or a disagreement



Fun Ways to Learn about ME AND YOU

What's on My Back?

1 Pretend your finger is a pencil and your friend's back is your drawing pad. Draw a picture of one simple thing (like a flower, a star, or a happy face). See if your friend can guess what it is. Or try drawing a letter of the alphabet or a whole word. How many guesses will it take your friend to get the answer right? Now trade places and you be the one to guess what your friend is drawing.

Buddy Builders

2 Build a town, school, or made-up world with two or three friends. Find some free floor space (or backyard) and gather your materials. These can be any materials you choose—toy blocks, plastic food containers, stones, sticks, doll furniture, or all of the above! Decide together what kind of world you will make. Will it be an everyday town, a strange new world, or what?

Share building materials and decide who will take care of what. Maybe one person will be in charge of making neighborhoods with houses. Someone else might decide where the roads go or where the bank and the school will be located. Maybe you will want to create a strange new world. Whatever you create, make it your special world.

You can also build your world by creating it on paper. You can draw it or glue toothpicks, leaves, sticks, or other small things onto the paper to create your world. Everyone adds a different part of the world (maybe someone makes the buildings, someone else makes plants, people, or animals). As you put the



different parts of your world together, work with each other to decide where they go. Whichever way you build your world, decide together what job each person will do. Share ideas to make your world the best it can be!

Good Luck Handprints

3 In some parts of the world, colorfully decorated handprints are symbols of good luck. Get together with a friend and make your own good luck charms! Here's how:

Spread your fingers and trace your handprint onto a piece of bright construction paper, aluminum foil, or any kind of colorful wrapping paper. Cut out the handprint and carefully glue it onto a solid colored piece of heavier paper. Use poster board, painted cardboard, or a different color construction paper, for example.

Now decorate your handprint. Paint it with squiggles, swirls, and figures. Glue on sequins, beads, buttons, sparkly bits of ribbon, glitter glue, or whatever you have around the house. Use your imagination to bring your good luck hand to life. When you're finished, trade with your friend, so you each have the other's palm print.

Helping Children Get the Most out of the ME AND YOU Volume

The ability to get along with others has critically important social development implications for young children, so learning to cooperate and interact well with others is one of the most important early steps for every child. Parents and other caregivers play a crucial role in promoting this development. Children notice when adults are empathetic and helpful to others, when they are generous, friendly, and kind. Witnessing adult behavior teaches children how they are expected to act themselves. The strong and satisfying relationships socially competent children establish at a very young age will have a strong positive impact on the rest of their lives.

What's on My Back? Providing ways for children to play together cooperatively will do much to instill positive social skills. This game is another one of those ways, while at the same time allowing them to improve their motor and thinking skills by visualizing images that they cannot see. Two children can play this game together, but will also enjoy playing it with an adult.

Buddy Builders. This and similar activities are an excellent way to encourage cooperative play, and therefore establish social skills in children. Working together on a common goal while sharing different perspectives and ideas teaches them how to share, problem-solve, make decisions, and take turns. Let the children choose their own building materials for this activity. Allow them to be as creative as they like. You might also suggest any interesting or useful objects they may not have thought of. If they are drawing, suggest that each draws a different category of object. Remember that, to learn and cooperate, children must be interested and engaged. This occurs naturally when the activities are child-directed (rather than adult-directed) with adults available to help as needed. If building a town doesn't interest them, ask them what they think they could create together. Maybe it's putting on a play, creating their own store, or inventing a new animal, game, or toy together.

Good Luck Handprints. Some children may need help tracing their handprint. However, let your child do as much as he or she is able. Don't worry if it's not perfect. The more your child is able to do on his or her own, the more engaged he or she will be. Help your child with cutting out the handprint if needed. Show interest as your child decorates the handprint. You might want to participate as well by making a handprint of your own. Your child will appreciate that you are getting involved! Another fun variation is to suggest decorating footprints, too.

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