



AddyPres KIND IDEAS Family Resources with Kobi Yamada Activity #1: Interests, Strengths & Limitations

This enriching activity is a free offering from the AddyPres Foundation, Kobi Yamada & Compendium Inc. in hope that it will bring sunshine into your family's life during the challenge of the global Covid-19 crisis. Please explore the AddyPres.org website to learn more about the **AP GIVE Program** for schools, supporting evidence-based programs, training & resources that grow tomorrow's global citizens. This experience offers a **Social Emotional Learning** opportunity to build your TK-5th grade child's self-awareness. Please visit www.addypres.org for more information.

For Families

This lesson is scripted, so you can easily facilitate as a *homeschool* experience with great value or a meaningful family experience. We suggest reading through the following directive completely, then use activity #1 & #2 directives, printable activity sheets & video tool (found on the AP Family Resources Page) to plan your fun family art, reading & discussion experiences to learn, grow and connect!

OBJECTIVE

The objective of this enriching lesson and activity is to help children build *self-awareness skills* and empower them to have courage in sharing their ideas with the world, because doing so is beneficial for the common good of all!

As offered by CASEL (the Collaborative for Academic Social Emotional Learning), we can teach **Self-Awareness** by *helping children accurately recognize their own feelings & thoughts and the influence these have on their behavior*. Also, by helping children assess their *interests, strengths & limitations*, and by giving them a well-grounded sense of self-efficiency and optimism.

Time allotment

Age: TK-5th grade about 30-60 mins to complete book read (or video), discussion & activity

Supplies Needed

- VIDEO ACCESS: AP Video Book Read of *What Do You Do With An Idea* by, Kobi Yamada (Found on the Free Family Resources Page. *Members can continue to access this page from the MY ACCOUNT header link, after signing in.)
- OR, if you own the book, READ: *What Do You Do With An Idea* by, Kobi Yamada

- **DOWNLOAD & PRINT:** *KIND IDEAS Building Courage Activity Sheet* for each child. Print on cardstock (if available). (Located on the AP Family Resources Page within Kind Ideas Activity One section.)
- Pencil & eraser for each child
- Paint Brushes (fine and medium)
- Super Fine tip Sharpie
- Watercolor paints: recommended color selection: bright, primary, neutral & nude
- Optional: Do a Dot Art Dotters (last step: frame activity sheet).

Scripted Experience

1. Warmly invite your children to have an art and reading experience within a setting that has video capability and a table or hard surface. Introduce the book or have the video ready on a screen. Let your children know that after you experience Kobi's book, you'll have a discussion and do a fun activity together.
2. **Discuss & Define** any topics and traits your child(ren) will experience through the book's characters, using the following script:

Script:

While [I read the story] OR [we watch the video], What Do You Do With an Idea? try to notice how the main character builds COURAGE along his journey and is then able to share an IDEA. We'll learn, from this character, that as people grow they develop interests, the things they like to do. People also build strengths through their interests and they notice their limitations as they grow & experience new things. It's human to know we all have limits to what we can do on our own. This is why it's so important to build relationships with others, like friends, family, and community members,(like teachers). Our connection to others helps us do more in our life by supporting what we are unable to do on our own.

Let's read the story What Do You Do With An Idea by, Kobi Yamada.

3. READ: Kobi Yamada's, *What Do You Do with An Idea* OR WATCH: AP Video found on AP Family Resources Page.

4. Discuss and Reflect with Script:

- i. *In the story, there was a little friend who represented the boy's ideas, what did the little friend look like?* (answer: egg with crown)
- ii. *Was the friend a family member?* (answer: No. This is why friendships are so important, because we don't know where our ideas will come from!)
- iii. *In the beginning of the story, how do you think the boy FELT about his friend?* (use illustrations or reflect back on the video. He was confused and unsure at first, then he really liked his idea, which made it grow.)
- iv. *Remember when the boy decided to share his idea with others for the first time? What personal strength do you think it took for him to do that?* (courage).
- v. (Review the page in the book when the boy is sharing his idea for the first time). *Let's look at the expressions on the boy's face and the faces of the community he is sharing with. Do you think the people are being kind & supportive of the boy sharing his idea?* (No, they're expressions look unsupportive.)
- vi. *At first, how does this make the boy feel? Does he give up on his idea?* (the boy felt sad and defeated at first, then he realized that HE was the visionary for his idea. Only he could see its value at first, but it was up to him to build it, so others could see this value too. HIS strengths, limitations & interests would help this happen and this drove his determination & courage to share!)
- vii. *The boy's determination helped him grow his idea into something that changed the world! But it isn't always easy to believe in our ideas and keep building them. When you need to have strength to do something hard, what can you do to build your courage?*

*This is a key opportunity to give your child tools for future challenges they will inevitably face. Discuss support like:

- a. Get a hug from a parent
- b. Talk to your mom, dad, sibling or other family member
- c. Talk to a friend, teacher or other trusted community member
- d. Spend time alone, thinking & planning

- viii. *After reading this story, do you think sharing your ideas is important? (Yes! Sharing ideas can solve problems, help us connect to others & change the world!)*

5. Introduce the Activity

Provide each child with the Kind Ideas Courage activity sheet & art mediums of choice.

Step One: Discussion with script:

As we grow up, we'll discover our interests, strengths & limitations. Knowing these things about ourselves will help us accomplish the things we want to do on our own and to know when to reach out to others for help.

Let's look at our activity sheet together and talk about some of the interests, strengths & limitations we have.

(Work on this part of activity sheet as a collaborative group).

Now, let's talk about some of the challenges in our house/school/or community that need ideas to solve! Then, we can share an idea we have that just might change the world if we work with others!

(We suggest discussing things like illness, plastic pollution, climate, hunger, waste management, etc. Prompt your children to think about WHO/WHAT (people, planet, animals) is impacted by the challenge(s) and how a solution could make others FEEL. The APYS activation pages for Climate and Plastic Pollution provide current information on these topics.)

Step Two: As you discuss, have children write or draw their personal traits onto their activity sheet by category: MY STRENGTHS, MY LIMITATIONS, MY INTERESTS.

Step Three: Utilizing the previous activity discussion, children can develop & discuss a *KIND IDEA* that might help solve a challenge, then write or draw it in the center of their activity sheet.

Step Four: Children use watercolors, crayons or pencils to creatively design their activity sheet.

Optional: Children can *frame* their activity sheet using Do A Dot art dotters.

Additional Suggestion:

Share the beauty of your family experience with the world, allowing your children to feel the impact of their ideas on a larger scale (and teach responsible technology), we offer the following suggestion:

- Post & share images of your experience on social media and tag @AddyPresLFStyle #AddyPresInspires, and we'll be sure to respond to your little world changers! Make the social media experience an *opportunity to share kindness* and discuss the power of social media for sharing *good* things.

Thank you for participating with AP! Please find more resources for families by visiting the [APYS Activation Pages](#) and please consider onboarding the [AP GIVE PROGRAM](#) for your child's school!