

Family Resiliency Reading Guide

YOU CAN DO IT, SAM

BY AMY HEST

After reading *You Can Do It, Sam* with your child, use this reading guide to continue the conversation around resiliency at home. In this guide, you will find a description of how this book relates to resiliency characteristics, literacy tips and sample conversation starters for you and your child.

SYNOPSIS

Sam and his mother spend time together baking golden brown cakes for their neighbors on Plum Street. Sam's mother teaches him the value of demonstrating kindness to others by sharing. Sam and his mother drive their green truck through the snowy neighborhood and Sam gets to deliver the cakes to each of his friends' doorsteps all by himself!

LESSONS IN RESILIENCY

- ▶ Sam and his mother spent time together while preparing the cakes to share with their neighbors. Helping a loved one do something around the house or sharing something with neighbors are ways to demonstrate **gratitude** to others.
- ▶ Sam was able to learn how to bake cakes with his mom and this important mentorship moment taught Sam how to bake and serve other people in the community.

RESILIENCY CHARACTERISTIC



Gratitude

Being thankful and sharing appreciation with others.

RESILIENCY CONVERSATION STARTERS:



Have your child share what he or she is thankful for.



Ask your child if it is easier to share with friends or with strangers. Why?



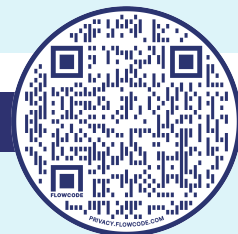
Discuss with your child what he or she has learned from a mentor.



Discuss with your child ways he or she can show **gratitude** and appreciation for others.

LITERACY TIP

Vocabulary knowledge is a key component of learning to read. One way to build vocabulary with your child is to discuss new or interesting words as you read aloud to him or her. Children learn new words rapidly at the pre-kindergarten level, so introducing vocabulary is important to their growth and development. Talking with your child while completing daily tasks and explaining unknown words and concepts will positively affect your child's oral language skills.



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