

Be the Reason
your child thrives.

Activity Kit

understood.org/BeTheReason



How to use this activity kit

Ready to **BE THE REASON** your child thrives?

Here are some fun and informative activities to do with your child.

Activity 1: Question jar

Tired of asking “How was school today?” Use these [creative questions](#) to get insight into what your child is thinking and feeling.

Activity 2: Feelings wheel

When kids can name their emotions, they’re better able to cope with their feelings. Use a [feelings wheel](#) to help your child point to and name their emotions.

Activity 3: Accomplishment box

Making an [accomplishment box](#) is a fun way to help kids understand their strengths. With your child, decorate a box, write their wins on a sheet of paper, and fill the box with reasons to celebrate your child.

When you’re done, show off a picture of one of your activities on social media using #YouCanBeTheReason.

Looking for more?

- Make a [strengths chain](#) with your child.
- Try [growth mindset activities](#) together.
- Explore [Take N.O.T.E.](#) (u.org/take-note), a step-by-step tool to help spot signs of learning and thinking differences.

Question jar

Tired of asking “How was school today?” Use these creative questions instead. Cut out the question strips. You and your child can write your own questions on the blank strips. Then place the strips in a jar, box, or bowl. Each day, have your child pick a question to answer.



What was the best part of your day?

What made you laugh today?

Who did you sit with at lunch today?

Which subject was your favorite today?

What was the most interesting thing you learned today?

What was the hardest thing you did today?

What did you like most about school today?

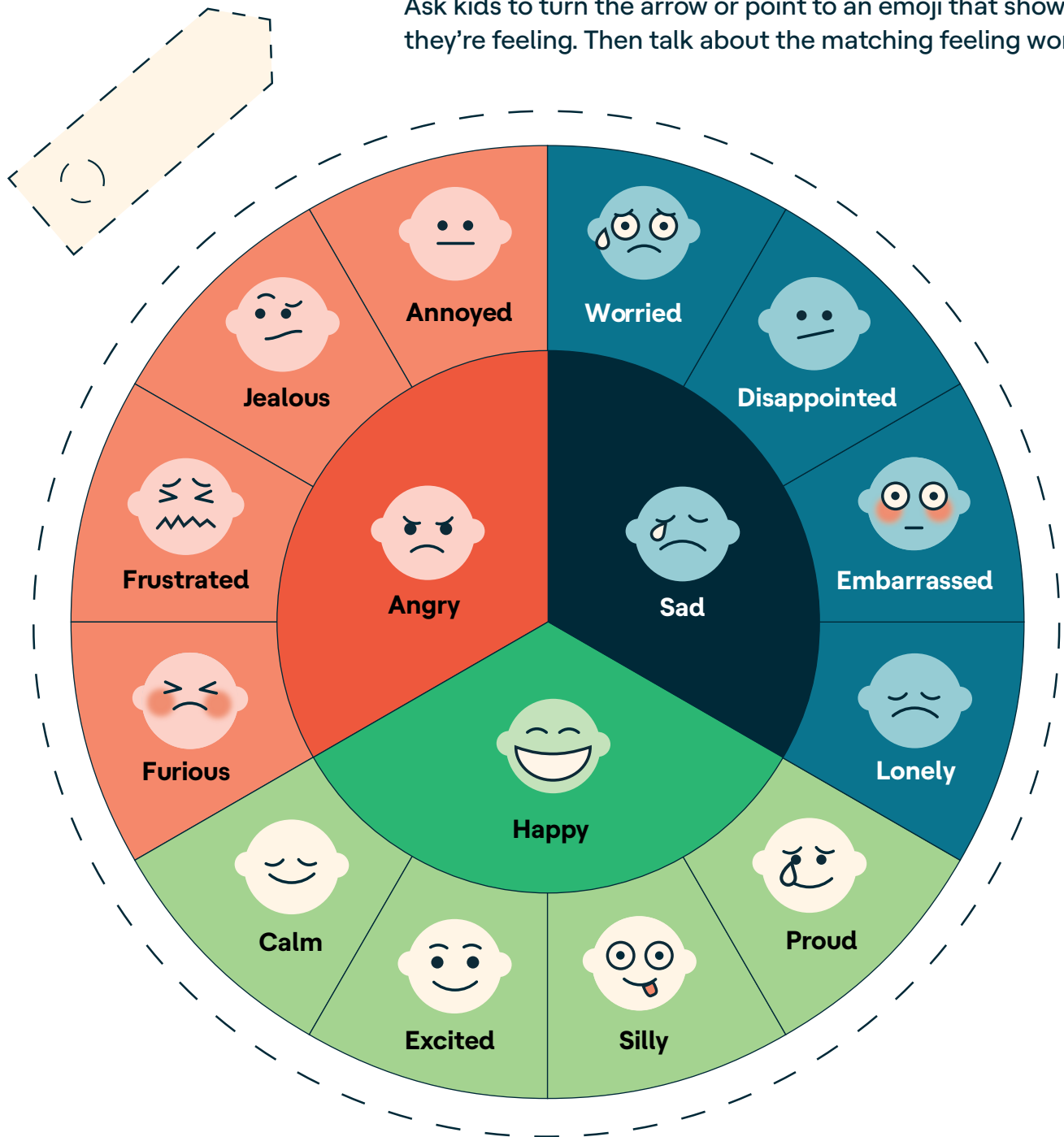
Feelings wheel

How to set up

Cut out the circle and the “I feel” arrow. Glue the circle and the arrow to pieces of cardboard, like from a cereal box. Use a brass fastener or a twist tie to attach the arrow to the center of the circle. If you don’t want to use the arrow, kids can point to the emojis.

How to use

Ask kids to turn the arrow or point to an emoji that shows how they’re feeling. Then talk about the matching feeling words.



Accomplishment box

Step 1



Get a square tissue box and cover it in construction paper using scissors and tape or glue.

Step 2



Decorate the box using the inspirational cutouts on the next page and any other art supplies your child likes.

Step 3



On index cards or slips of paper, have your child write, draw, or dictate their accomplishments. They can be related to school, activities, social skills, and home. Ask questions to help your child brainstorm:

- What are you proud of?
- What have you improved at the most?
- What shows how hard you've worked?

Step 4



Put the accomplishments in the box. Take time regularly to add new reflections of all that your child has accomplished. You can review the accomplishments in the box when your child needs a reminder of their strengths.

