



### Lesson Time

Your child is learning to choose to have fun with friends rather than to get his or her own way. Children have fun when they play in fair ways.

The Fair Ways to Play are:

- Play together
- Trade
- Take turns

Understanding that having fun and playing fairly are more important than getting your own way helps your child get along better with other children.



### Play Time

Play a game with your child to practice the Fair Ways to Play. Set out two simple kitchen items, such as a plastic container and a pot. Use the Fair Ways to Play to play with the objects.

Say: **We're going to use the Fair Ways to Play to play a game with these kitchen things. First let's play with the plastic container together.** Turn over the container and pretend it's a drum. Play the drum together. **Now let's take turns playing the drum. I'll go first. While you wait for your turn, play with the pot.** Take turns playing the drum. **This time, let's trade.** Trade kitchen items with your child.

### Story Time



Rico

Dakota

This week's story is about Rico and Dakota. They both want to be the doctor. They are arguing with each other. Ask your child about this story.

- **What do you see in this photo?**
- **How are Rico and Dakota feeling?** (Angry, frustrated, upset.) **What can they do to calm down?** (Put their hands on their tummies and say "Stop." Name their feelings. Take belly breaths.)
- **What is a fair way Rico and Dakota can play and both have fun?** (Both be doctors. Take turns being the doctor.)

**Now let's pretend you're Rico and I'm Dakota. Let's ask each other to play in a fair way.** (Do you want to take turns being the doctor?)