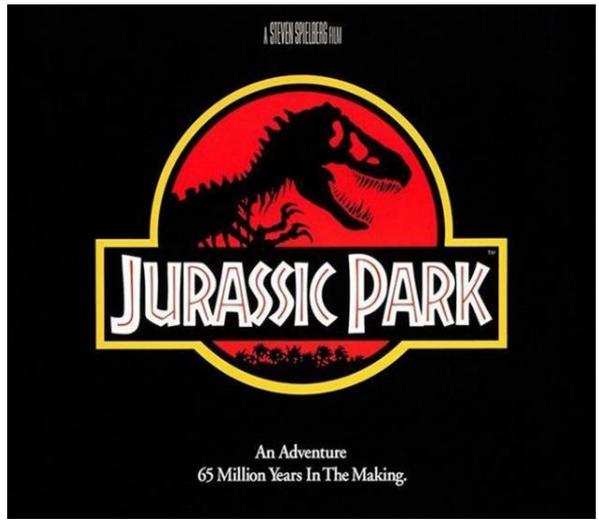
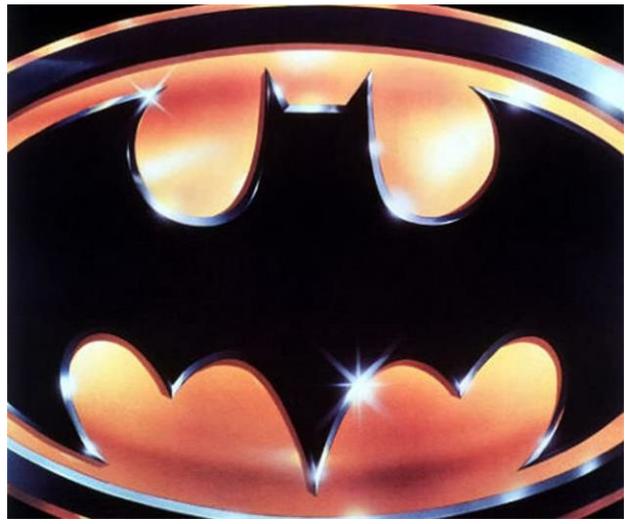
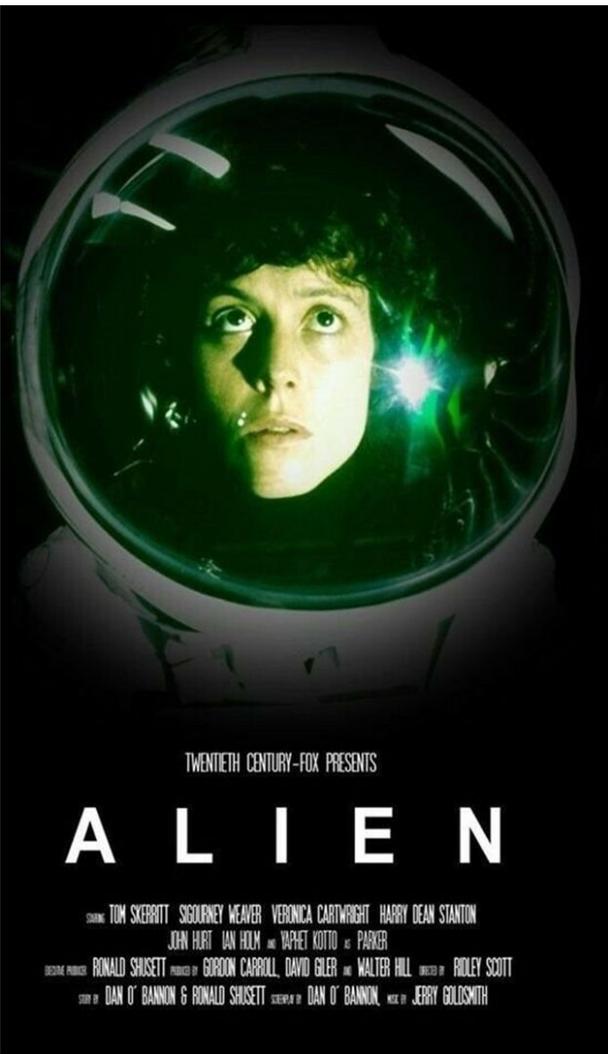


**BLOCKBUSTER  
SUMMER SKILLS**

**FEATURING  
REBECCA HONIG  
FRANÇOISE LARTIGUE**

# *Coming This Summer*









# Goals

1. Priority Skills
2. Inspiring Action
3. Setting the Stage

Accessible



Proven



Easy

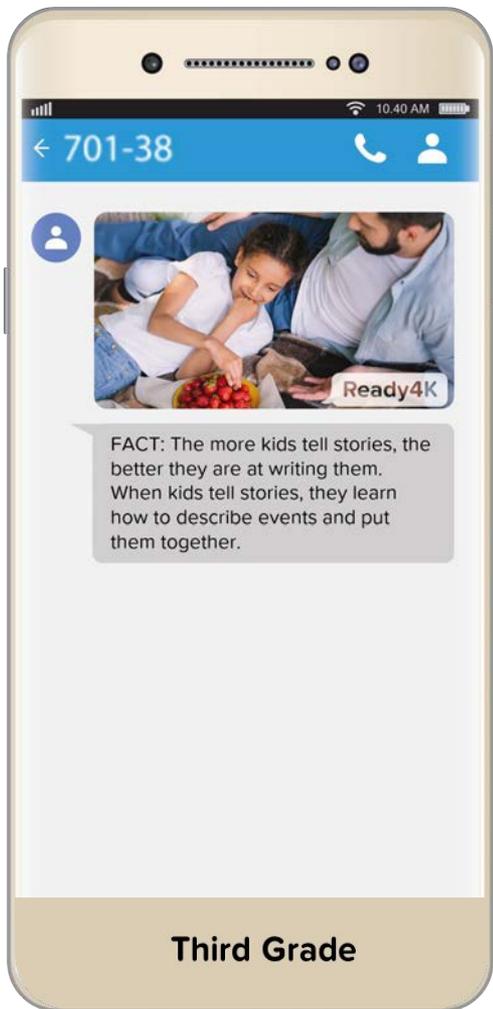


Powerful



Evidence-based Family Engagement  
Parents & Educators Love to Use

ParentPowered  
creator of Ready4K

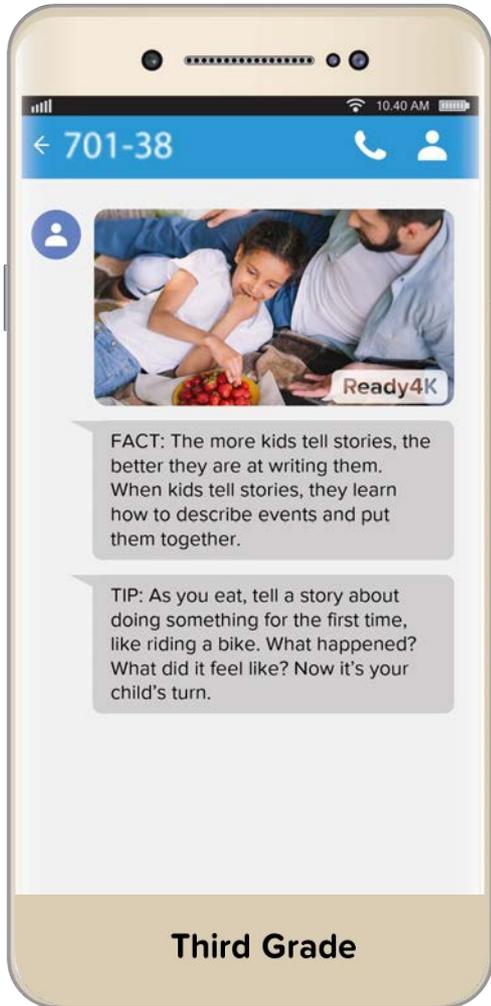


FACT: The more kids tell stories, the better they are at writing them. When kids tell stories, they learn how to describe events and put them together.

## FACT

### Inform & Motivate

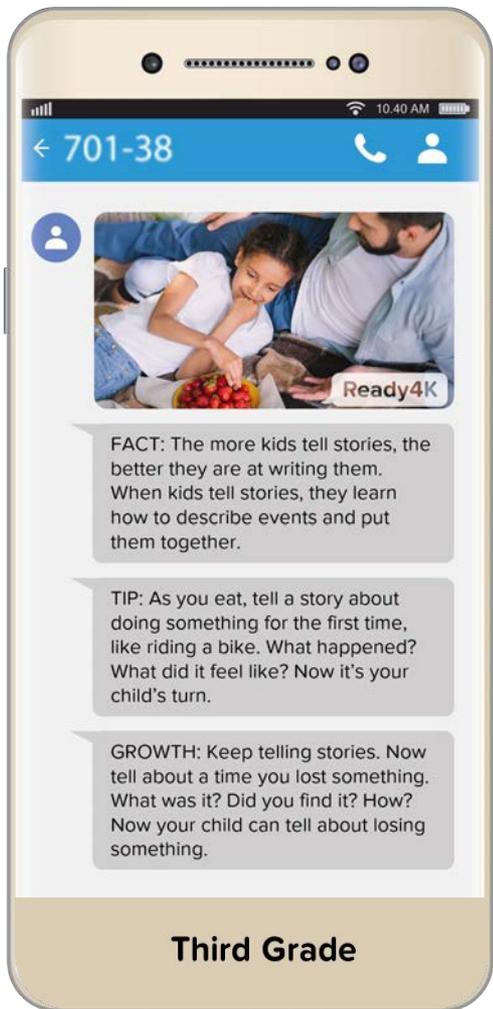
FACT: The more kids tell stories, the better they are at writing them. When kids tell stories, they learn how to describe events and put them together.



## TIP

Activities that fit into everyday family routines

TIP: As you eat, tell a story about doing something for the first time, like riding a bike. What happened? What did it feel like? Now it's your child's turn.



## GROWTH

Reinforce, encourage, & extend

GROWTH: Keep telling stories. Now tell about a time you lost something. What was it? Did you find it? How? Now your child can tell about losing something.



Our favorite texts are for bath, cleanup, pajamas, routine type activities to make the routines more fun. They learn many new things and skills.

We love engaging in nature... integrating instruction with outside play

We like to "take bedtime adventures" and read before bed. We have fun with rhyming words.

Ready4K



THE QUESTION CORNER:

## GETTING MESSY



Answered by Rebecca Honig, M.S.Ed.  
and Francoise Lartigue, M.S.Ed.



01:48



Ready4K



THE QUESTION CORNER:

## STAYING COOL AND CALM



Answered by Rebecca Honig, M.S.Ed.  
and Francoise Lartigue, M.S.Ed.



02:34



Ready4K



THE QUESTION CORNER:

## COPING WITH "NO, NO, NO!"



Answered by Rebecca Honig, M.S.Ed.  
and Francoise Lartigue, M.S.Ed.



02:31



Ready4K



THE QUESTION CORNER:

## FOCUSING DURING BOOK TIME



Answered by Rebecca Honig, M.S.Ed.  
and Francoise Lartigue, M.S.Ed.



01:41



# Positive Sense of Self





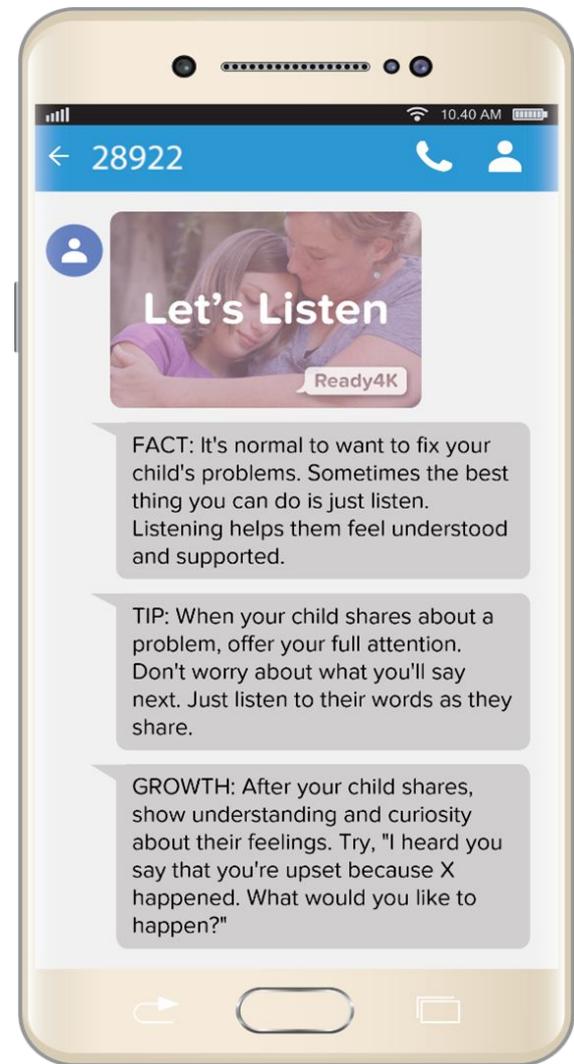
# Why **POSITIVE SENSE OF SELF**

- New Routines
- More Autonomy
- Parent Positioning



# Listening

- Open-Ended Questions
- Active Listening
- Storytelling



- 
- If you got to invent a school, what would it be like?
  - What's one thing you really want people to know about you?
  - What are three things you'd do on the best day ever?

## TIP 1: BE AN ACTIVE LISTENER



### Remain calm and curious.

It's totally normal to have reactions to what your teen is saying, but they will be paying close attention to how you respond. It's important to manage your reactions as they share. As best you can, remain calm and curious. It can help to take some slow breaths if you start to feel yourself getting stressed or overwhelmed.



### Share back what you hear.

After your teen has spoken, tell them what you heard. For example, "What I heard you say is that you were hurt when..." This lets them know you were really listening. It also helps them feel understood. You can also ask, "Did I get that right?" This gives them the chance to clear up any miscommunication.



### Show understanding.

It's important that teens know their feelings are valid. You can validate their feelings even if you don't agree with them. For example, after your teen shares you might say, "I can understand why you felt angry in that moment," or "That sounds like a really challenging situation."



### Ask if they'd like support.

Your teen may have shared because they want your advice. Or maybe they shared because they just wanted to talk through something. After your teen shares it's always okay to ask, "Do you want some help thinking it through together, or did you just want me to know about that?"



### Follow up.

Some conversations happen in one sitting, but many are ongoing. For example if your child told you about something hard that happened at school, ask about it the next day. Try, "You told me about X yesterday, how did that turn out today?"

## AND...

★ If there is ever a time you feel like your teen's safety and well-being is at risk, it's always OK for YOU to reach out for support. You might speak with their pediatrician, guidance counselor, or mental health professional for help putting the right supports in place.

## TIP 1

## BE AN ACTIVE LISTENER

### What is active listening?

Active listening means you're giving your teen your full attention when they speak. It's listening not just to their words but their actions and emotions too. As they speak, you're not thinking about your response or advice you'll give. Instead, you're working to understand their perspective and remember what they say.

And active listening means you're working to demonstrate that you hear them. How? By asking open questions, acknowledging their feelings, and sharing back what you hear them say.

When you are an active listener, your teen learns that it's okay to share. They learn that their thoughts and feelings are important to you. Active listening creates a safe and supportive space for them to tell you about their ups and downs.

### HERE ARE SOME DETAILS ON HOW TO DO IT:



#### Be fully present.

Set aside distractions like phones and computers. As best as you can, try to just concentrate on what your teen is saying. Notice if you start daydreaming or thinking your own thoughts. If that happens, remind yourself to cue back into your teen.



#### Notice more than just their words.

Teens communicate in lots of ways—with their tone, face, body. As they talk, pay attention to how they are moving and sitting. Are they talking quickly? Slowly? These things can give you clues into how they might be feeling.



#### Practice patience.

Teens can tell long tales about their day or their experiences. They may not always make sense. That's okay. Avoid interrupting and allow them to pause and think things through. It's okay if there are long silences. Your teen may just be processing their ideas. Giving them time to do this shows that you're engaged.



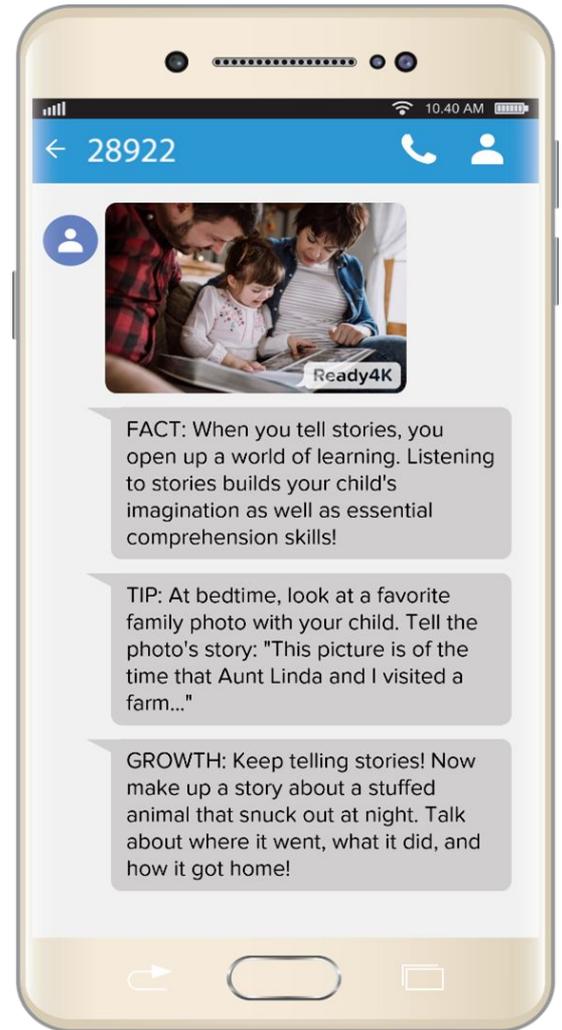
#### If you do chime in, do it with an open-ended question.

For example, you might say, "Can you tell me more about that?" or "What did you think about that?" or "How did you feel when that happened?" Teens can be especially sensitive to feeling judged by others. It's important that your questions feel genuinely curious.



# Sharing

- Summer Playlist
- Photo Walk
- Post It



# Sharing

What language or languages do you speak at home?

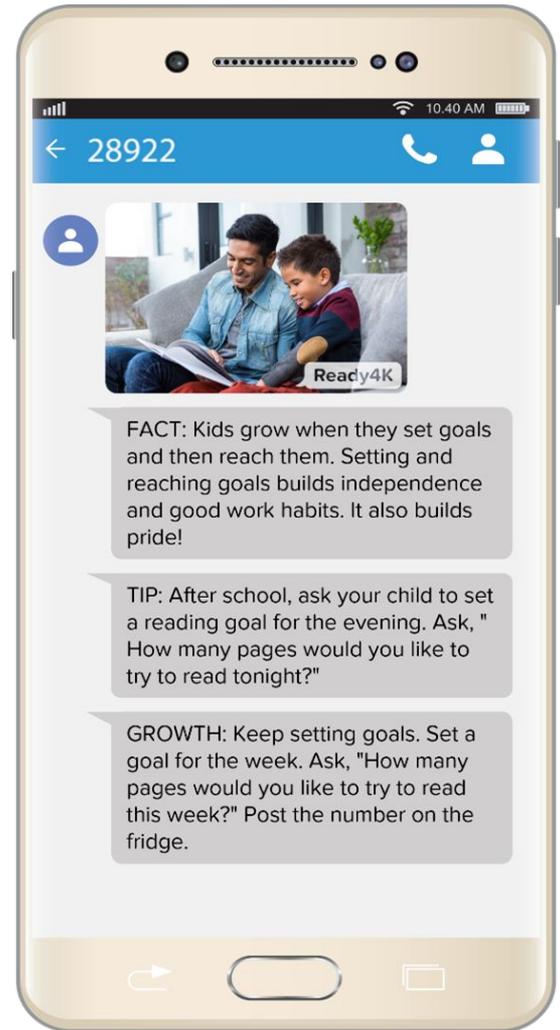
What are some songs that you like to listen to at home?

What countries are your relatives from?



# Experiencing

- Trying New Things
- Taking Healthy Risks
- Setting And Reaching Goals



# SUMMER GOALS

- What's one thing I want to get better at this summer?
- What's one new thing I want to learn how to do or try?
- What's my plan for getting it done?



# TIME MANAGEMENT



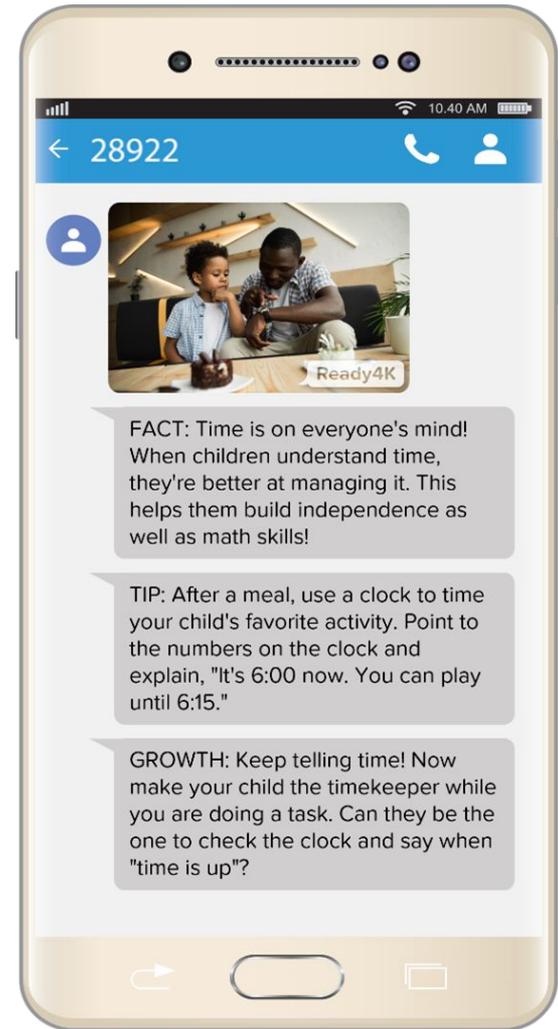
# Why **TIME** **MANAGEMENT**

- Overall Academic Success
- Builds Independence
- Benefits Parents & Caregivers

# Games



- Timer Challenges
- Time Check
- Was that enough time?



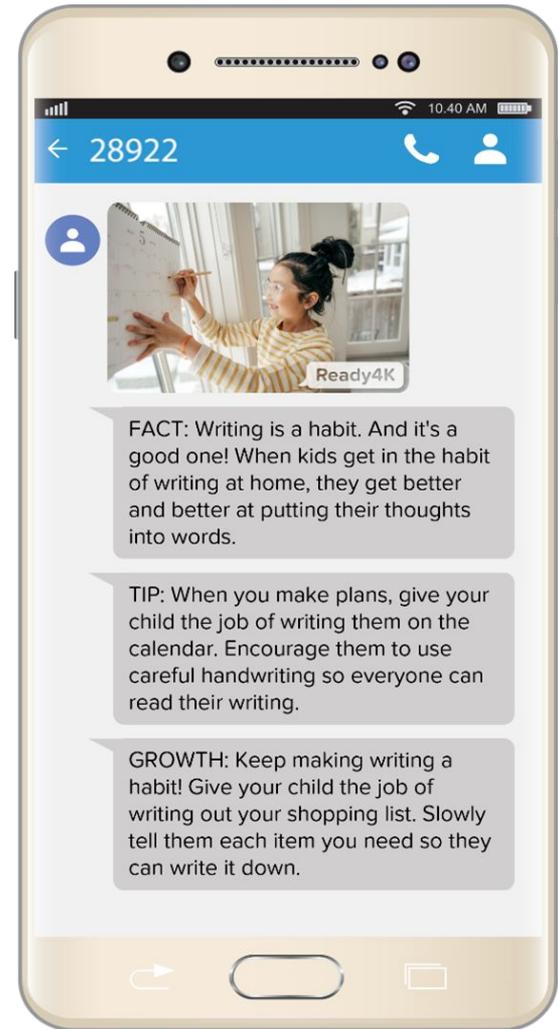
# Time Management Tricks





# Calendar

- Calendar of FUN
- Builds Patience and Independence





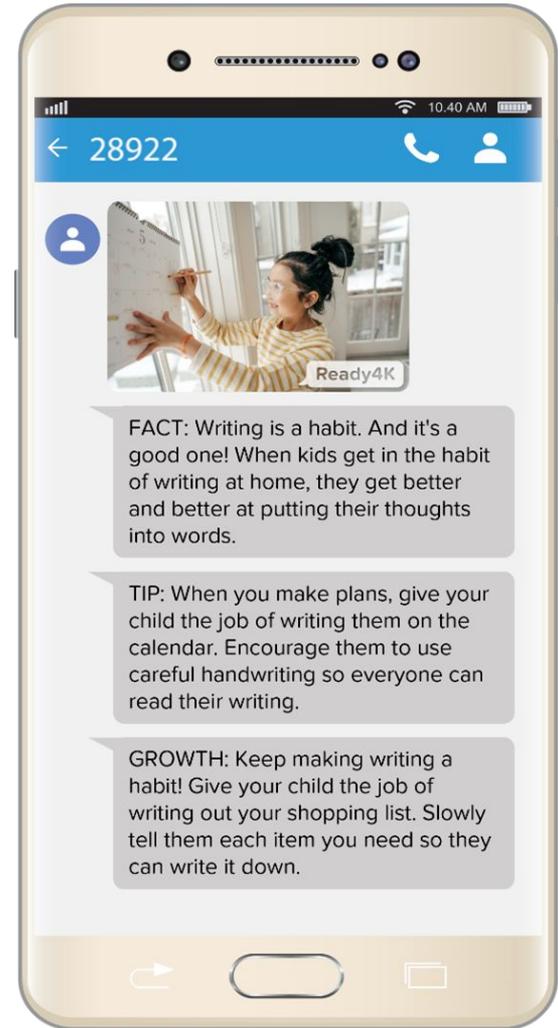
# Daily Checklist

## Builds...

- Organization, Responsibility & Independence
- Confidence & Accomplishment

## Limits...

- Nagging & Excuses



# Get It All Done!



The image features a family of four superheroes in silhouette against a vibrant background of blue and white rays and stars. On the left is a large male superhero with a muscular build. In the center is a female superhero with long, flowing hair and a red cape. On the right is a smaller male superhero with a red cape. On the far left is a small female superhero with pigtails and a red cape. The text 'Frustration Tolerance' is written in a large, bold, yellow font with a purple outline, centered over the family.

# Frustration Tolerance

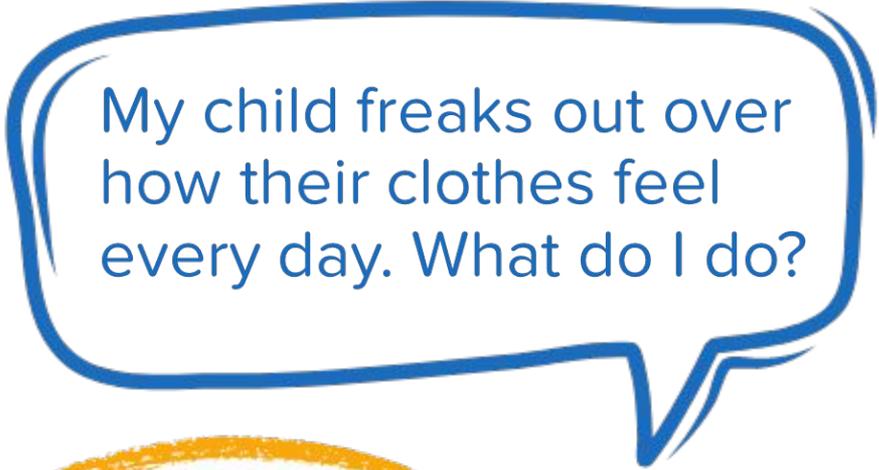


# Why **Frustration Tolerance**

- Popular Demand
- Huge Payoff

An orange speech bubble with a thick, hand-drawn border. The text inside is written in a matching orange color.

How do I get my child to calm down when they lose at a game?

A blue speech bubble with a thick, hand-drawn border. The text inside is written in a matching blue color.

My child freaks out over how their clothes feel every day. What do I do?

A yellow speech bubble with a thick, hand-drawn border. The text inside is written in a matching yellow color.

My child gives up after no time. How do I help?

The image features silhouettes of a superhero family against a vibrant blue background with white stars and light rays. On the left, a large male superhero stands with his hands on his hips. Next to him is a female superhero in a high-heeled boot and cape. In the foreground, a small girl and a small boy, both wearing capes, stand with their hands on their hips, mimicking the superhero pose.

**Frustration  
Tolerance**

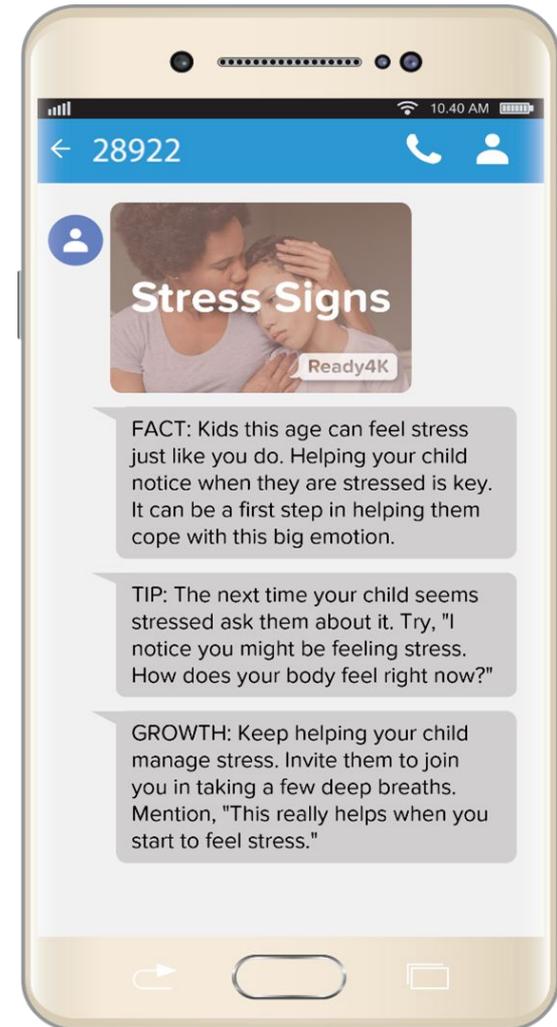
**Resilience**

**Problem  
Solving**



# Noticing

- What's the weather?
- See it, Say it





Ready4K

FEELINGS AND FRIENDS

WHAT'S  
THE  
WEATHER  
INSIDE?



01:18

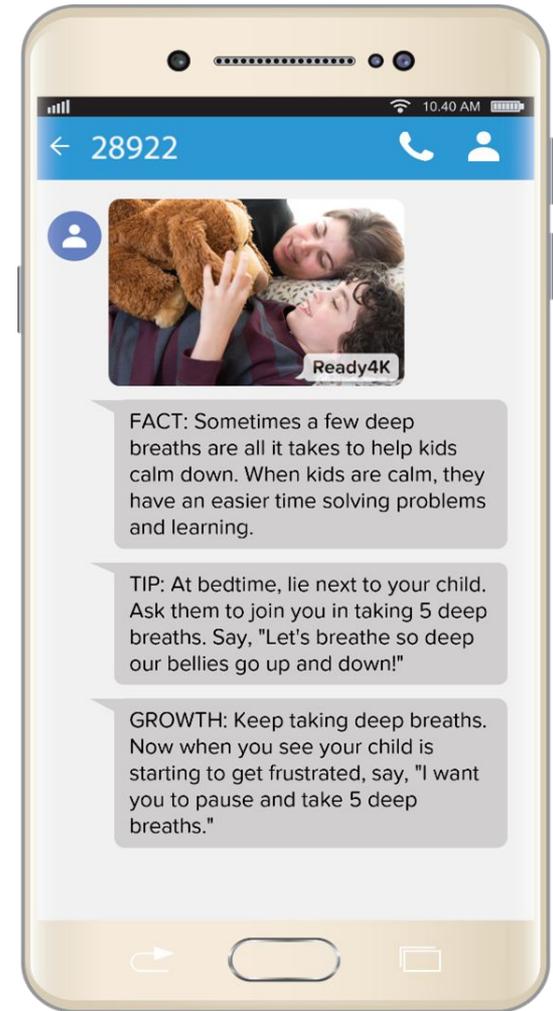


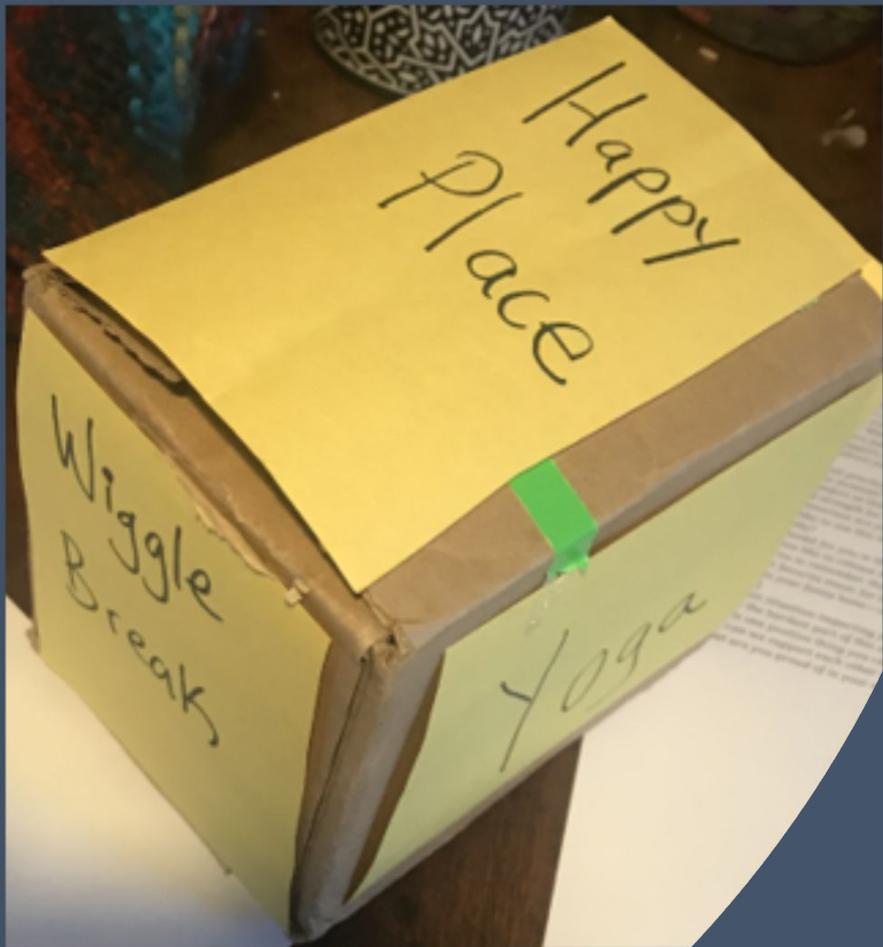
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# Calming

- Deep Breaths
- Stretch
- Picture It



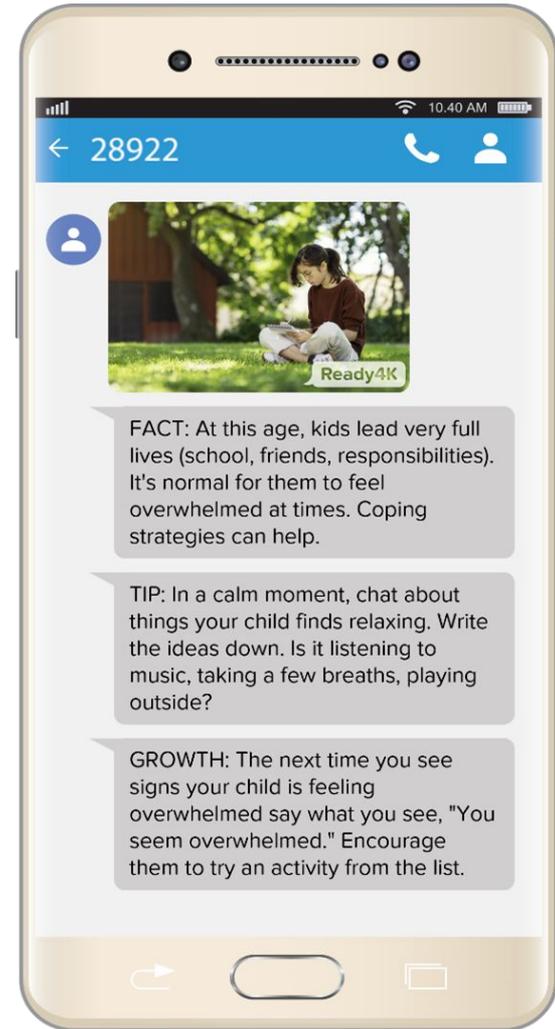


# Calming Cube



# Practicing

- They're doing it already!
- For a little extra:
  - Puzzles
  - How-to
  - Pass the picture



# Perspective & Taking





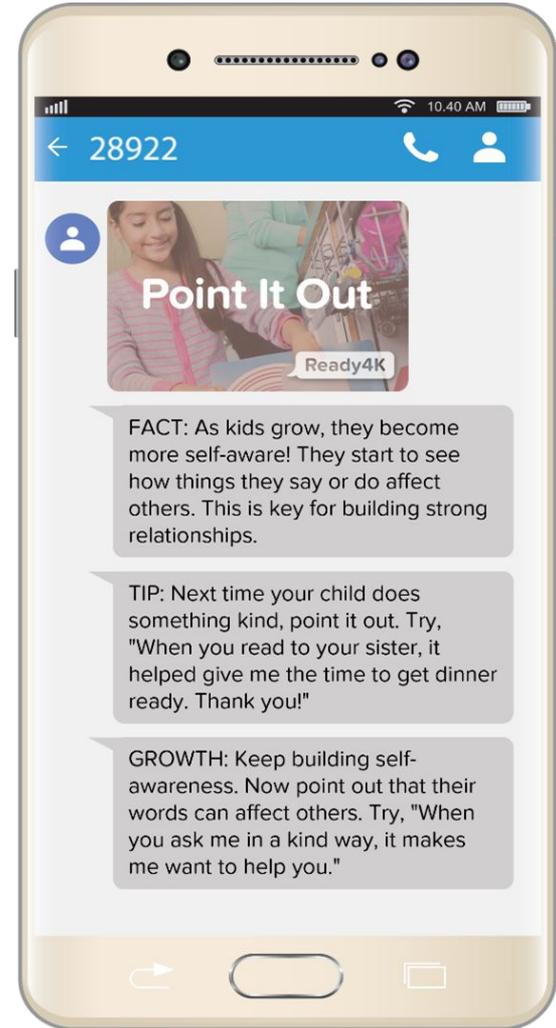
# Why *Perspective Taking*

- Emotional Awareness
- Strengthens Communities
- Built in the Moment



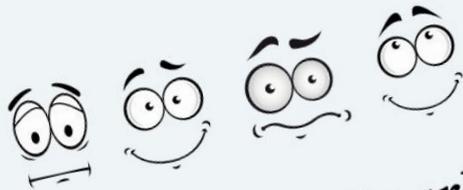
# Say What You See, Name What You Feel

- Happens in the Moment
- Awareness & Words



Ready4K

# Let's TALK!



## Questions to Spark Conversations

### A way to get started...



#### Look for Signs

Kids don't always say what they're feeling. Instead, you might notice they are having trouble sleeping, want to be by your side all the time, or are having bigger reactions to things. These can be signs that they are feeling some BIG emotions.

#### Say What You See

Mention when you see your child looking happy or sad, anxious, or mad. You can say things like, "I notice you're stomping. Are you feeling a little frustrated?"



#### Assure & Connect

When your child is struggling with a big emotion, let them know that all feelings are okay. Then try telling them about a time you felt that way and how you go through it.

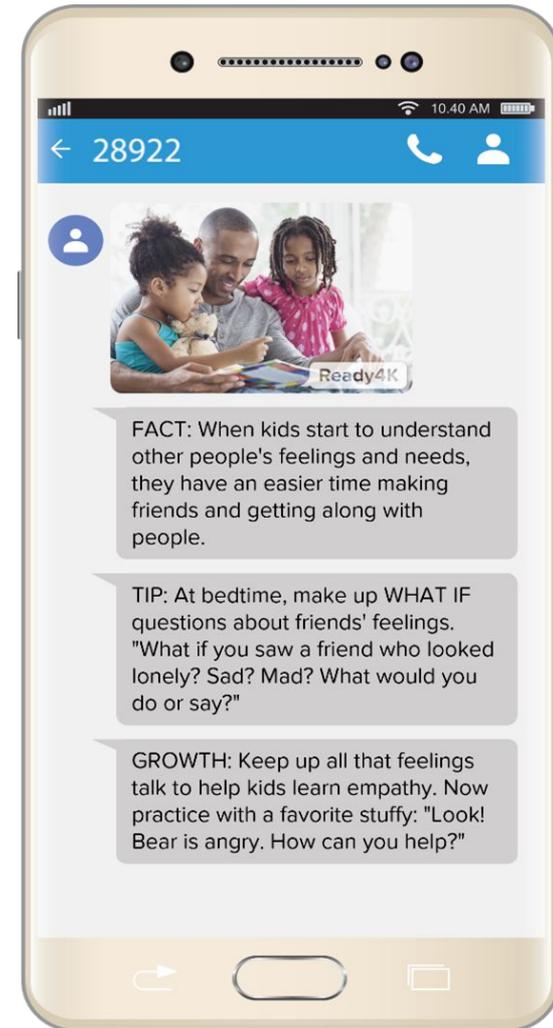


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# Detective Perspective

- Looking for Clues
- Asking Questions



# Practice Perspective-Taking with Books



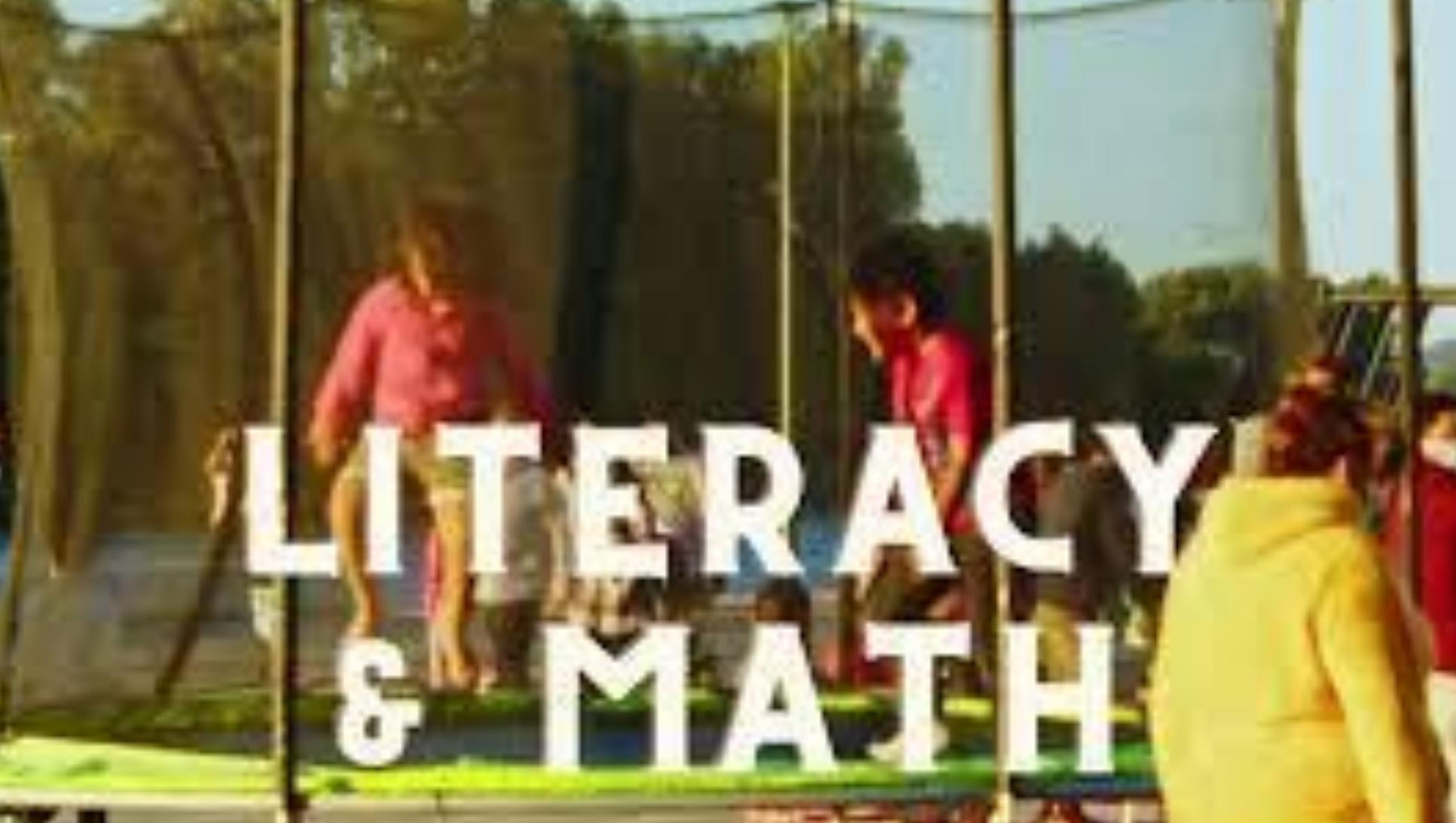
Cheerful Overwhelmed  
Excited Fearful  
Friendly Peaceful  
Proud Quiet  
Loving Timid  
Delighted Nervous  
Optimistic Calm  
Uncomfortable Embarrassed  
Sad Disappointed  
Tense Jealous  
Anxious Impatient  
Worried Frustrated  
Concerned Annoyed  
Timid Guilty  
Uneasy Sensitive  
Alarmed Confused  
Scared Miserable  
Frightened Unhappy  
Thoughtful Devastated  
Worried Hurt



1. What just happened?
2. How does each character feel?
3. How would YOU feel?

# Creating Your Own Trailers

- Phonics
- Comprehension
- Numbers and Operations

A group of people, including children and adults, are playing mini-golf in an outdoor setting. The scene is captured through a glass barrier, likely part of a miniature golf course. The background shows trees and a clear sky. The text "LITERACY & MATH" is overlaid in large, white, bold letters across the center of the image. A person in a yellow hoodie is visible in the foreground on the right side, looking towards the mini-golfers.

LITERACY  
& MATH

A man in a blue t-shirt and black shorts is leaning forward, smiling, on a grassy field. A child in a white t-shirt with red and blue stripes and black shorts is running towards a soccer ball. The background is a dense line of green trees. Five black circular callouts with white text are overlaid on the image.

**Fast  
Facts**

**Vocabulary**

**Skip  
Counting**

**Rhyming**

**Spelling  
Words**



- 
- A hand holding a black remote control is positioned in the foreground, pointing towards a television screen. The screen displays a white box with a black border containing three bullet points. The background is a blurred living room setting with a wooden chair and a person's feet wearing blue and white striped socks with red tips.
- **WHY** is the skill important?
  - What is the **BIG benefit** for families?
  - Does it give families that “**Can Do**” feeling?

**Give it the Blockbuster Test**

# For You

<https://bit.ly/3ZkLBjC>



**Building Blockbuster Summer Skills**

**Hone your super powers to support at-home learning!**

Use this guide to plan the key skills you want students to develop with their families this summer.

First, list the specific skill you want families to focus on. Next, use the checklists and question prompts to make sure the skill and suggested activity meet the "blockbuster" test for relevance, accessibility, and fun for families.

**Skill:** \_\_\_\_\_

**Step 1: Determine if It's a Blockbuster Skill**

- Is the skill important enough to have a "starring role" in a family's activities?
- Is the skill beneficial to families?
- Is the skill doable and accessible for all families?
- Will families have the "props" they need to support the skill (knowledge, resources, supplies)?
- Will families get that "can do" feeling when they focus on this skill?

ready4k.com | info@parentpowered.com

ParentPowered  
creator of Ready4K

“I’ve been waiting for something like this.”

- Jana W., Pampa ISD

**Summer complimentary**

with your

2023-24 school year

ParentPowered program



[bit.ly/40Xtxxm](https://bit.ly/40Xtxxm)

# Questions

