

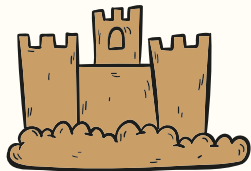
Discussion Items

1. Have you ever been "squished"? What happened? How did it make you feel?
2. What are some things we can do to help us rebuild after we feel squished?
3. Tell me about a time when you "picked yourself up and dusted yourself off".
4. Do you think you are a failure when you get "squished"? Why or why not?
5. How can getting "squished" be a good thing?
6. Tell me about a time when you helped someone after they got "squished".
7. Who makes you feel stronger and helps you when you feel "squished"?

Activities

1. Build a sandcastle in your sandbox, at the beach, or using our edible sand recipe! You can also build one out of blocks if you don't have access to sand.
2. Do something for someone who may feel a little "squished." For example, you can drop off a treat, draw them a picture or call them on the phone!
3. Invite someone over for a playdate and build each other up using kind words.

Edible Sand



Ingredients:

- 1 Box of Graham Crackers
- 2 Cups of Oats

Directions:

1. In a food processor, blend the graham crackers until they become a fine, sand-like texture. Remove the blended graham crackers and place them in a mixing bowl.
2. Add the oatmeal to the food processor and blend until it also becomes a fine, sand-like texture. Remove the oats and add them to the mixing bowl with the graham crackers.
3. Using a spoon, mix the graham crackers and the oats until well combined.
4. Pour the "sand" into a large container or sensory bin, add a few small toys, and allow your children to play and create their own "squish"!
5. Tasting this sand is acceptable and encouraged;) Have fun!