



## Social-Emotional Learning Activities for Kids and Families

The Iowa Alliance for Healthy Kids, in partnership with Sesame Street in Communities, is offering free activities to build social-emotional skills with young kids this summer. If you provide programs or services for kids ages 0-8 and/or their families in Polk County, you can sign up for one of the following opportunities listed below. If you live outside of the Polk County area, check back in a few weeks for an outline of how to put together your own kit or activity bag for your organization or community.

### Summer Activities:

**Lesson Plan Kit:** Designed for in-person summer programs, each kit will contain directions and supplies to host lessons on the following three topics: Expressing Emotions, Finding Comfort, and Problem Solving. Each lesson will come with step-by-step instructions, print outs, and supplies for kids to complete, as well as take home items for kids and their parents. Lessons will not require technology to implement. Program leaders will need to pick up supplies in downtown Des Moines and attend a short webinar ahead of time to learn about the Sesame Street resources and how to use them.

**Activity Bags for Families:** Designed for programs serving families with young kids, each activity bag will contain a Sesame Street-branded activity book in English and Spanish, a Comfy-Cozy Nest book, a handout for parents, crayons, and an invitation to activities in the central Iowa area being hosted this summer.

All Sesame Street-branded activities are focused on helping kids with skills like naming and exploring their feelings, working through challenges, and identifying their circle of care who are there to support them. Participating programs will also be invited to share Sesame Street-branded messages about kids and feelings on social media in July.

Sign up at [www.iowaallianceforhealthykids.org/summer-fun](http://www.iowaallianceforhealthykids.org/summer-fun)

Deadline to sign up is May 11. Lesson plan kits will be available for pick up in downtown Des Moines May 24 and 25. Family activity bags will be available for pick up at a date TBD in mid-June.

The [Iowa Alliance for Healthy Kids](http://www.iowaallianceforhealthykids.org) is a partnership of central Iowa and Iowa organizations working with [Sesame Street in Communities](http://www.sesamestreetincommunities.org) to improve young children's social-emotional well-being. Our unique collaboration allows us to offer providers and parents messages, tools, activities, and furry fun to support young kids in growing stronger, smarter, and kinder.

For questions about this initiative, email Sarah Welch at [communications@aces360.org](mailto:communications@aces360.org).

