

R is for Resourceful

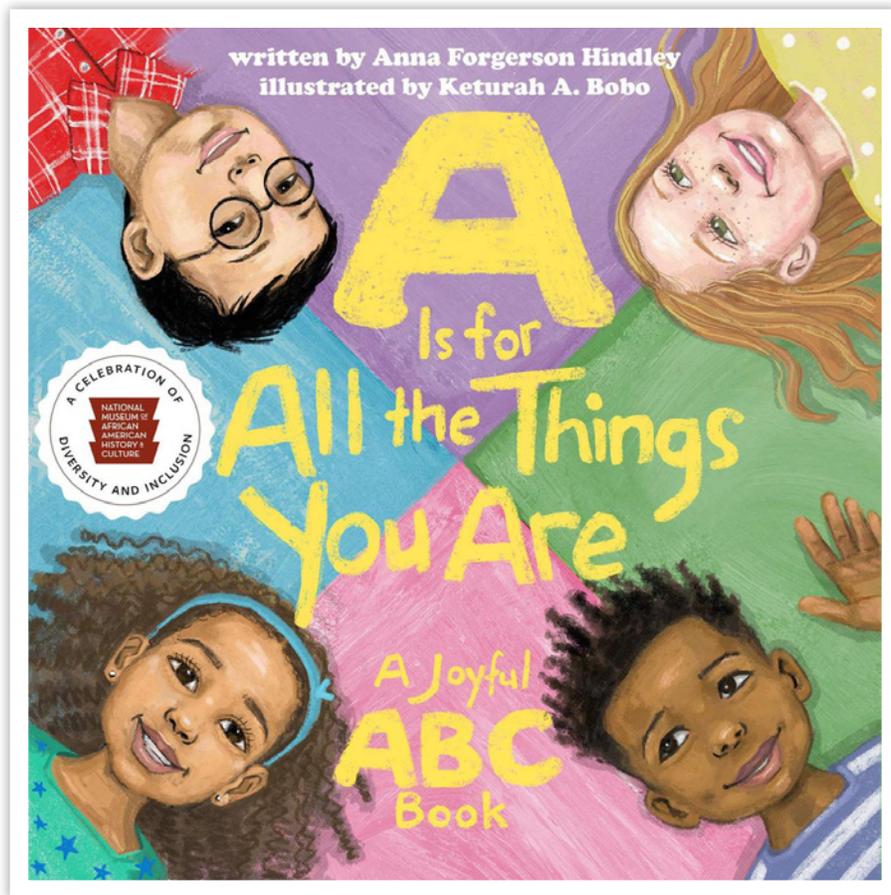
JOY FUL



A NMAAHC KIDS ABCs ACTIVITY BOOK
INFANT AND TODDLER EDITION

Brought to you by the National Museum of African American History and Culture Early Childhood Education Initiative.
Inspired by the children's book, A is for All The Things You Are: A Joyful ABC Book written by Anna Forgeson Hindley
and illustrated by Keturah A. Bobo, ©2018 Art by Keturah Ariel LLC.

Funded by the W.K. Kellogg Foundation.



A is for All the Things You Are was written to affirm our children and empower them to see themselves as many things at once – daring and loving, creative and just, amazing and zany – and everything in between. The book offers wonderful opportunities for conversations with children to build their vocabularies, strengthen their sense of self and deepen their joy in and acceptance of human diversity. The illustrations allow them to see not only themselves, but others in the same positive light. By seeing positive images of children of different colors, genders, abilities, classes, and other social identities, we nurture the child’s comfort and joy in human diversity so deep caring connections can be made across humanity.

Each activity booklet offers suggestions of how to begin the lifelong work of having a positive sense of self and others with your infant or toddler, how to support their language development and how to build the foundations of literacy.

A Is for All the Things You Are: A Joyful ABC Book
© 2018 Art by Keturah Ariel LLC (artwork)
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R is for Resourceful:

Figuring out how to solve a problem means you are resourceful. When you face an obstacle, be creative and keep trying!

What tools - or resources - have you used to solve a challenge?

For infants and toddlers, being resourceful is about problem solving, creative thinking, dealing with the unexpected and having the determination to figure things out. In the first two years of life, our little ones have so much to figure out and learn. Almost as soon as they learn to manage one part of their bodies (*I can hold on to a rattle.*), they have to figure out a more refined use of the same body part (*How do I stop hitting myself in the head with this rattle?*). They figure out how to walk and then must figure out stairs, slopes and bumpy grounds!

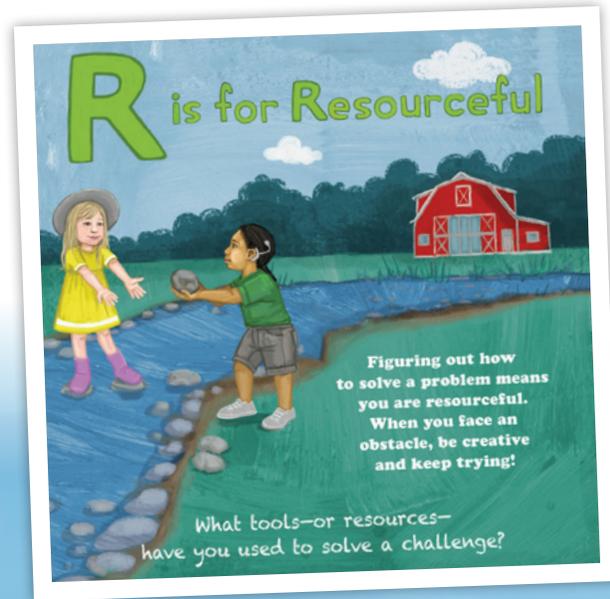
One way we support their sense of competence and problem-solving skills is to not “fix” everything. Instead, we can offer commentary on what is happening, calm comfort, and then encourage them to try again. If we help them *just enough* to allow them to figure out what to do, we are letting them know we have faith in their ability to be resourceful, even in moments of surprise or frustration.

Infants and toddlers grow (and find it pretty fun) when they get to explore objects that can be used in many ways. Sharing everyday objects with them, in new ways, helps them develop creative thinking about the world around them and opens their minds to the concept of multiple possibilities. Providing infants and toddlers with opportunities for sensory play and exploration where there are no right or wrong results, allows them to find joy and develop interest in the unexpected. As these little ones explore their world, they are inviting us to see the common place as fresh, new and interesting. Join them and have fun!

What You'll Need:

The following supplies are suggested for the experiences in this booklet.

- Printer or drawing paper
- Newspaper
- Tissue paper
- Wrapping paper
- Paper bag
- Cardboard box
- Markers and crayons
- Cozy nook supplies (See page 4.)



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EXPLORE

In early childhood, children learn best through doing!
To explore this week's theme, try the activity below with your infant or toddler.

Paper Play

We can model resourcefulness for our little ones when we use ordinary items in creative ways.

Artist Chakaia Booker shows us how rubber tires can become intricate sculptures and textured works of art. Her resourcefulness creates beauty! For your little one, your resourcefulness can create joy. Use a simple material like paper to create fun sensory play for your baby or toddler!



[Urban Mask by Chakaia Booker, 2001](#)

- **Bag it.** Gather used wrapping paper to create an engaging motor skill booster. Stuff small pieces of the paper into a large paper bag and invite your toddler to pull the pieces out. Count the pieces enthusiastically and celebrate the strength they use! Then, encourage them to put the pieces back in the bag.
- **Tear it.** Tear sheets of newspaper into strips and place them in a plastic bin for toddlers. Add toys to the bin and encourage your little one to search through the strips to find them! For babies, place a pile of strips onto a blanket laid on the floor. Watch the way they grab or move the pieces. Pick up a handful and let them go! Allow the pieces to gently fall on top of your little one.
- **Crumple it.** Crumple paper (recycled, if possible) into balls and let your child explore. Toss them. Roll them. Juggle them. Set out bowls or a muffin tin for your toddler to put the balls in.

Seeing the many ways objects can be used, supports babies and toddlers to see everyday objects as resources that can be used in helpful, creative and playful ways.

EXPLORE

Explore this week's theme with your toddler by trying this engaging experience.

Box Exploration

Support your toddler to think out of the box by playing in a box! Boxes offer toddlers endless opportunities for play, imagination and creation. With a box, a toddler can carve out a special space in your home that is “just for them” and be resourceful by using it in all kinds of ways.

Start by saving a large, empty cardboard box and making sure it's safe for play. Then, introduce one of the new ways to use the box, listed below. Depending on the size of the box, your little ones may need help climbing in and out – or the climbing in and out may be the most enticing game of all!

- **Create.** Give them a few crayons or markers and encourage your toddler to draw on the sides of the box. Describe the colors they're using and the lines they're making.
- **Move!** Place your little one inside and carefully push them around. Make the sounds of a car, train or spaceship! Imagine where you're going together.
- **Relax.** Create a cozy nook. Put a pillow, small blanket and a cuddly toy inside the box. Add a few favorite books too!

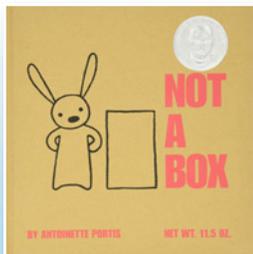


EXPLORE MORE

Continue learning with your little one using these recommended resources:

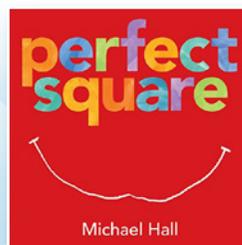
Books

Seeing ordinary objects used in different ways supports children to be resourceful. Use the pictures in the books below to show new ways to use everyday things!



Not A Box

by Antoinette Portis



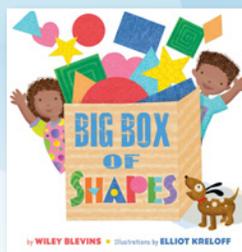
Perfect Square

by Michael Hall



Faces

by Zoe Miller and David Goodman



Big Box of Shapes

by Wiley Blevins,
illustrated by Elliot Kreloff

Tip:

Use your favorite search engine to find read-aloud videos online!

Online Resources

Discover a few more tips for supporting your little one to be resourceful!

 [Why Do Babies Like Boxes Best?](#) - NAEYC

 [To Raise Resourceful Toddlers, Resist The Urge to “Rescue”](#) - Smart Parenting

CONNECT

A Guide for Families and Caregivers

Why do these experiences matter?

A child's identity is both internally constructed and externally imposed. They learn who they are and how they are valued from the words and actions of others and from the way they do or don't make sense of those messages. Their beloved adults (that's you!) are the most important people in their world. The words you give a child to describe themselves and others have lasting power in their lives. When a child has the words to think about their strengths and their worth, they can sort through negative messages and hold on to their sense of being loveable and capable. The experiences in this booklet are invitations for you to use objects, activities and words to support your child's positive identity development, their fascination with how people are both different and the same, and their ability to read emotions and build empathy. In time, experiences like these will also support your child's ability to recognize unfairness or unkindness and to stand up for themselves and others.

What about supporting language development and getting ready to read?

Alphabets, in and of themselves, are not particularly interesting to young children. However, learning letter-filled words to describe the world around them and inside of them (their feelings, experiences and senses) are very interesting to children! Discovering new words, new ways to say things and new ways to think is exciting and essential to a child's literacy and identity development.

In the first three years of life, early language and literacy skills are best learned through everyday moments. The experiences in these booklets invite you to boost your child's literacy through talking, playing and creating together in fun and accessible ways. Some experiences will guide you in helping your infant or toddler "name the universe" with descriptive words for the actions and emotions of themselves and others. Other experiences will encourage you to point out written words and look closely at objects to provide your little one with the beginning connections between the real world, reading and talking.

Every child's path to literacy is different and valid - just like their identity. The experiences in these booklets aim to support you and your child along their unique journey to literacy and a positive sense of self. **Remember to have fun along the way!**

Credits

Objects

- Urban Mask by Chakaia Booker, 2001. Collection of the Smithsonian National Museum of African American History and Culture, © Chakaia Booker. [2010.48](#)

Original Artwork

- Bluebird (cover) © 2018 Art by Keturah Ariel LLC

Course Evaluation (return this evaluation with homework)

Your Name: _____ Registry# _____

Course Name: Book ____ (A-Z) Smithsonian Joyful activity book series - <https://nmaahc.si.edu/learn/early-childhood>

Date you Completed Course: _____ Are you Family or Group Center

Phone# _____ Email: _____

Training outcome survey rating

Training evaluation statements: Please circle

Please circle
 

| | |
|---|-----------|
| The presentation consisted of hands-on training, questions and answers, and lecture. | 1 2 3 4 5 |
| Overall effectiveness of training (I feel the training was clear and easy to understand) | 1 2 3 4 5 |
| The interactive classroom and homework assignments were helpful learning materials | 1 2 3 4 5 |
| This subject was useful, and I have incorporated the information into my childcare environment | 1 2 3 4 5 |
| Overall effectiveness of training | 1 2 3 4 5 |
| The method used to present this information was in step with my learning style | 1 2 3 4 5 |
| I would recommend other providers to attend this training | 1 2 3 4 5 |
| The materials used in this training were valuable and relevant (i.e. handouts, books, homework assignments, etc.) | 1 2 3 4 5 |

To receive the 2 hours, complete reviews for two activities below:

1st Activity Name of the activity: _____

Why did you choose this activity? _____

List 3 things you liked about the activity _____

1 _____

2 _____

3 _____

2nd Activity Name of the activity: _____

Why did you choose this activity? _____

List 3 things you liked about the activity _____

1 _____

2 _____

3 _____

My learning style is: (please check one)

- Visual Learner- You learn by seeing and looking.
- Auditory Learners - You learn by hearing and listening.
- Kinesthetic Learners - You learn by touching and doing.

Was the information presented difficult to understand? Yes No

Would you like access to monthly childcare updates? Yes No

The course materials were well organized? Yes No

I received the materials in a timely fashion? Yes No

The information will be helpful to me in my position? Yes No

Would you consider taking another training offered by Child Care Providers' Helper? Yes No

Return this evaluation to: gcoggs@gmail.com.

Or mail to *Child Care Providers Helper*

7819 W. Potomac Ave.

Milw. WI. 53222

Any questions call-414-536-3397

Thank you for allowing us to serve your training needs.