

**G** is for Grateful

**JOY**



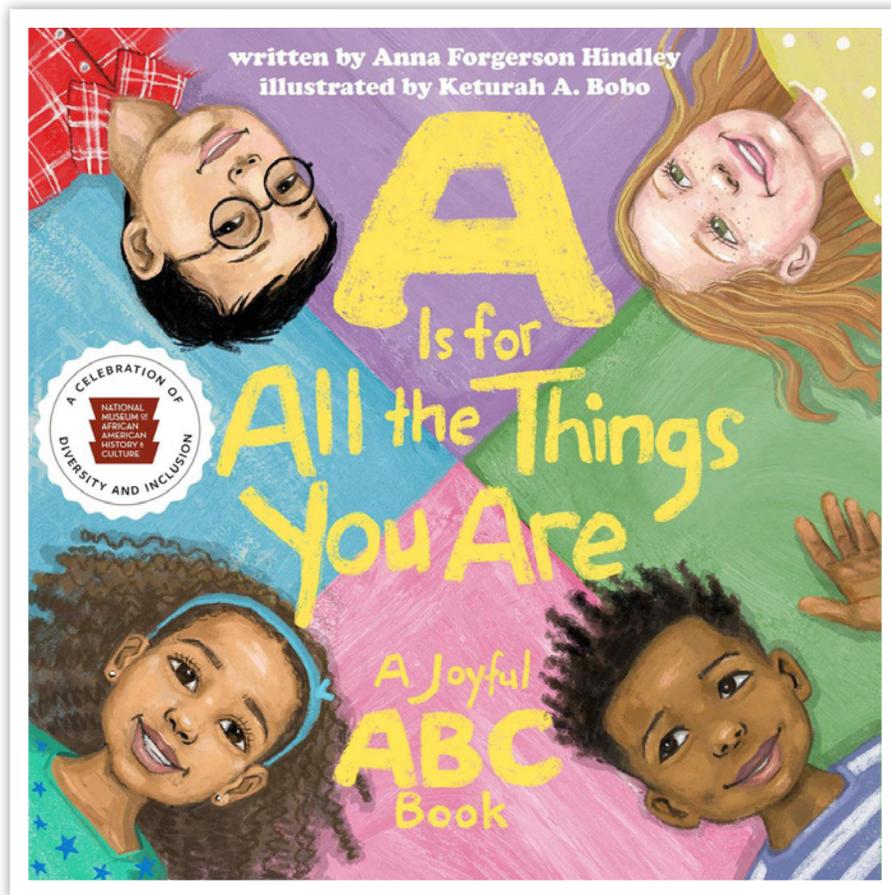
**FULL**

**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 as well. 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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# G is for Grateful:

Look around and notice all of the good things in your life, like sunshine, people who love you, and your favorite book or toy. **Take time to be grateful.**

## What makes you feel grateful?

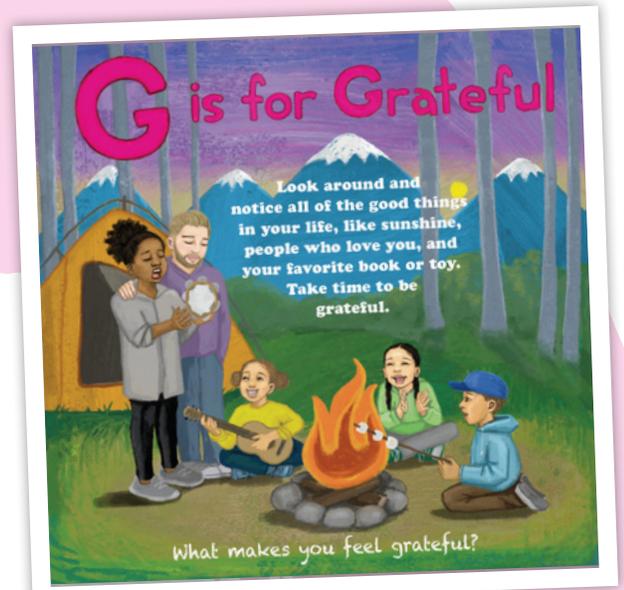
Gratitude supports and fosters so many other important life skills needed in today's world: resilience, observation, joy, and expressing appreciation for others and the world around them. One way to support your little one's capacity for resilience, observation, joy and expression is to model and teach appreciation for what makes life so wonderful: loving and being loved, noticing and connecting with the moment, and gazing at the world with wonder. This appreciation - this sense of gratitude - begins in infancy when a baby comes to feel safe and to trust that their emotional and physical needs will be taken care of. It grows when we appreciate our toddlers attempts at independence and at having their own ideas.

For infants and toddlers, the words "thank you" don't have much meaning yet. But the experience of noticing and appreciating begins at this stage. Little ones take their cues from their beloved adults. We can model the practice of gratitude by thanking them for the things they do and gift us with every day (from sweet smiles to hand holding to picking up a toy to put away). We can slow down in our interactions to give them time to be aware of what is around them and to notice the world and their own feelings. Even on the hardest day, there are moments of grace we can share. And in doing this for our babies our own resiliency and joy grows.

## What You'll Need:

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

- Markers or crayons
- Construction paper



A Is for All the Things You Are: A Joyful ABC Book  
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# EXPLORE

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

## Take a Gratitude Walk

**Designed for:** Infants and Toddlers



Practicing gratitude is simply the act of noticing and acknowledging all of the things around us that are special, helpful, good and joyful! During a walk around your neighborhood, to the park or local store with your little one, take time to look around and bring their attention to all the things *you* feel grateful for. Point to a special place or thing. Pause to look at and describe it. Talk about what makes you feel grateful for it. Then, invite your little one to join you in expressing gratitude with a high-five, big smile, air hugs or applause. Moments like these help your little one to look for special things in everyday experiences.



*Father Figure: Untitled by Zun Lee*

To get started, see if you can spot these things on your walk. One or two on any walk is plenty!

- Can you find a color that makes your heart feel happy?
- Is there a cool breeze or warm sunshine giving you a good feeling?
- Where do you see a place where you have fun with your family, like a playground? Or a store where you're able to get important supplies for your home?

Remember to slow down to allow your child the time to absorb and process what is happening around them, to fully feel their feelings and to hear your words. **One of the gifts of little ones to us is that we get to slow down too!**

# EXPLORE

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

## Gratitude Art

**Designed for:** Toddlers

### What's Needed



- Markers or crayons
- Construction paper

Provide opportunities for your little one to begin expressing gratitude to those around them. This week with your toddler, talk about someone special and work together to create a piece of art to give to them!



- 1 Start by thinking of a special family member or friend in your toddler's life. Show a picture if you have one. Say their name and describe a memory you have of your child with them. Tell your little one why *you* are grateful for that person.
- 2 Invite your child to make art using markers, crayons and paper to say "thank you" to their special person for the wonderful ways they're a part of their world: *Let's say thank you to grandma for her warm hugs! We can thank your friend for sharing their toys. How can you show gratitude to your brother for the fun play time you share?*
- 3 Once the art is complete, consider adding your own message of gratitude. Then, if possible, have your little one deliver their art in-person! Witnessing and participating in the expression of gratitude reveals to children the joy that practicing gratitude can bring. If the person is far away, have your toddler help mail it off and ask the recipient to call and say how much they like it.

### Tip:

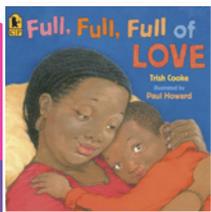
You can express gratitude for anything - not just people! Try making gratitude art for animals, places and things that you feel grateful for.

# EXPLORE MORE

Continue learning with your little one using these recommended resources:

## Books

Discover how gratitude brings joy to simple, everyday moments for little ones. As you enjoy the stories together, remember to take time to pause and talk about the good things in your own lives.



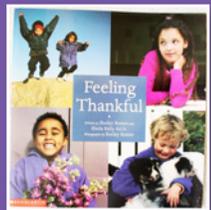
### **Full, Full, Full of Love**

by Trish Cooke,  
illustrated by Paul Howard



### **Taking Time**

by Jo Loring-Fisher



### **Feeling Thankful**

by Shelley Rotner and Sheila Kelly



### **Tiny, Perfect Things**

by M.H. Clark,  
illustrated by Madeline Kloepper

Tip:

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

## Online Resources

Check out the videos below for tips on how to cultivate your child's sense of gratitude in healthy, age-appropriate ways.

- ★ [Things to Be Thankful For](#) - **Sesame Street**
- ★ [How to Talk With Kids About Gratitude](#) - **Greater Good Science Center**
- ★ [Raising A Thankful Child](#) - **NAEYC**
- ★ [Nurturing Gratitude](#) - **Zero To Three**

# 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

- *Father Figure: Untitled* by Zun Lee, ca. 2012. Collection of the Smithsonian National Museum of African American History and Culture, Gift of Zun Lee, © Zun Lee. [2016.52.2](#)

### Program Photos

- Doug Sanford, National Museum of African American History and Culture, 2019

### Original Artwork

- Bluebird (cover, pages 3 and 4); © 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:**

**1<sup>st</sup> Activity** Name of the activity: \_\_\_\_\_

Why did you choose this activity? \_\_\_\_\_

List 3 things you liked about the activity \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**2<sup>nd</sup> 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.

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.