

Making the Most of the Toolkit: Families

Welcome! Whether you learned about Feel Your Best Self on your own, in your community, or from your child's school, we're glad you're here. In this brief guide, we expand on our one-page guide for families (pictured below) to help you make the most out of FYBS at home.

How Can Families Use FYBS?

Feel Your Best Self introduces simple strategies to help calm yourself, catch your feelings, and connect with others. There are 12 strategies to explore – so each person can find a few that work best for them!

Watch the Videos together

Use the Tip Sheets to discuss the videos

Use the Strategy Cards to practice strategies

Video Discussion Tip Sheet
Belly Breathing

- 1) Put your hands on your belly.
- 2) Take a deep breath in till your belly goes up.
- 3) Hold your breath in until you count to 1.
- 4) Breathe slowly out of the nose.

3 Friendly Wishes

- 1) Think of 3 Friendly Wishes to share with someone.
- 2) Write or draw these wishes on a piece of paper.
- 3) Share your 3 Friendly Wishes with that someone.
- 4) Notice how much of you feels.

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We'd love for you to be able to show your kid a video and have that be enough. But we know that practice is important for learning new things. Here are some of our ideas for how you can help your child learn and practice FYBS strategies:

1. **Watch the videos together.** This allows you to talk to your child about the video and to make sure they understood what they saw. Watching together allows them to ask you questions about what happened, and you can more easily ask your child questions about their thoughts and reactions.
2. **Use the Feel Your Best Self tip sheets.** We've created tip sheets that can guide your conversations after watching the videos. Each tip sheet begins with the strategy steps at the top. Then, there are questions and talking points you can use to reinforce your child's learning. These questions range from questions about the video ("What happened that made Nico so upset?") to questions that help children think about connections to their own life ("Have you ever felt like CJ did?").

We also recommend trying the strategy with your child. The tip sheets include some questions and talking points for after you practice the strategy with your child. Examples including asking how it went, whether they liked using the strategy, and when or how they might use it again.

3. **Use the strategy cards to practice together.** You can use the strategy card at the top of each tip sheet to practice together after watching, or you can download the strategy cards from our [website](#). You can look at them on a computer, cell phone, or tablet, or you can print them out to use as reminders around the house.

Tip: Find ways to practice in other places!

We all know that big feelings can happen anywhere. When you see a big feeling or challenging situation starting to happen, you can remind your child to try a strategy. For example, if the grocery store is a little too loud and bright, and you see your child start to tense up, you might pause and say:

"Hey, it's loud in here, huh? Let's try [Grounding it Down](#) together!"

Or maybe your child REALLY doesn't like leaving Grandma's house. Before you get ready to leave, try having your child write or draw [3 Friendly Wishes](#) on a piece of paper to leave with Grandma. This might help set that challenging situation up for success.

Puppet-making at home!

Making your own puppet is a great activity to do as a family. We offer a guide and video resources that can help.

- [Puppet-Making Guide](#): In this guide, we offer step-by-step guidance and a list of materials you can use to make a puppet. The best part is that you can make a puppet for FREE using things you have around your home!
- [Creating Your Puppet-Making Kits](#): This video shares the same information as the guide. We show what we have used to make puppets, and other easy options.
- [Puppet-Making Workshop Part 1](#): This video shows an example of a puppet-making workshop run by members of our FYBS team. You can watch this ahead of time to learn the steps involved. You can also watch with your kids and pause the video after each step to build your puppet.
- [Puppet-Making Workshop Part 2](#): In this video, you can see kids practice FYBS strategies using their puppets! Watch together and practice along or use the video for ideas for practicing other strategies together.



We welcome your feedback as you use the toolkit so that we can make it the best that it can be. We have an [online form](#) where you can give us feedback any time!