



This book provides a great opportunity to share the reading with your child.

- As you turn the pages, you say “You hold me up when...”
- Then let your child look at the picture to “read” the rest of the sentence (that is, finish the sentence based on the picture).

WHO COULD WE HOLD UP?

Ask your child to think about someone who they would like to hold up and see if you can plan a way to send them some love.

THINK TIME

Talk with your children about ideas brought up by the book. Some questions that might help ...

- Can you remember a time when someone was kind to you?
- What did they do? Why was that nice?
- How did it make you feel?
- Can you remember a time that you were kind to someone else?
- How did you feel when you were being kind?

CUT UP SENTENCES

- Write the sentence starter “You hold me up when” in large letters on a piece of paper.
- Cut out the words and mix them up.
- Let your child put the words into the right order.
- Read the sentence starter and ask your children to add their own ending.
- You can repeat this over and over.

WONDEROUS WORDS

- kind** *How do you be kind to someone else?*
- share** *Tell me how you share with your friends or family?*
- learn** *What is one way we learn together?*
- laugh** *What makes you laugh?*
- sing** *What could we sing together?*
- comfort** *How do you comfort someone?*
- listen** *Why should we listen to each other?*
- respect** *How do you show respect for another person?*

Talk about how you and your children can put those words into action every day!

Maybe you and your children can also make a plan to ...

- Build a routine of gratitude before each meal.
“I am grateful for .. ”
- Build a routine of appreciation before falling asleep each night
“I appreciate .. ”
- Build a routine to support others throughout the day
“What can I do to help .. ”

You can also watch Monique Gray Smith read the book by clicking [here!](#)