



 *in*  **Communities**

**Free Toolkit & Print Resources**

For more resources visit [www.sesamestreetincommunities.org](http://www.sesamestreetincommunities.org)

# About Us

Sesame Workshop is the nonprofit educational organization behind Sesame Street and so much more. Our mission is to help kids grow smarter, stronger, and kinder. We provide free tools and resources in categories like health and wellness, early learning, and social-emotional wellbeing. We're passionate about reaching children and the caring adults in their lives.

# Our Partnerships

Working at the national, regional, and local levels, we foster relationships with community-based organizations and agencies, integrating our resources into their existing work to engage families and young children in a deep connection with these tools. Our projects are funded by support from corporations, foundations, government agencies, major donors, and individual giving.

# Order Requests

It's easy! Follow [this link](#) to place an order.

If you have questions regarding the ordering process or the resources, feel free to email [communities@sesame.org](mailto:communities@sesame.org).

Thank you for your support and all that you do for children and families in your community!



# Free Toolkits & Print Resources

## **Healthy Bodies, Healthy Minds**

[We're Amazing 1, 2, 3](#)

[Family Forever: A Julia Storybook](#)

[Healthy Teeth, Healthy Me](#)

[Eat Well Anytime, Anywhere](#)

[Healthy Habits for Life](#)

## **Difficult Times & Tough Talks**

[Brave, Strong, Resilient](#)

[Comfy-Cozy Nest](#)

[Let's Get Ready: Emergency Preparedness](#)

[Here for Each Other: Emergency Response](#)

[Little Children, Big Challenges: Divorce](#)

[Little Children, Big Challenges: Incarceration](#)

[Little Children, Big Challenges: General Resilience](#)

[Talk, Listen, Connect: When Families Grieve](#)

[Let's Play/Let's Help](#)

[H is for Helping Hands](#)

## **ABC's & 123's**

[Abby's Magic Lunchbox](#)

[Talking is Teaching](#)



# Explore Our Resources

## We're Amazing, 1, 2, 3! A Julia Storybook

See Amazing in All Children is a nationwide initiative aimed at communities with children ages 2 to 5. Developed with input from parents, people who serve the autism community, and people with autism. *We're Amazing, 1, 2, 3!* storybooks are available in quantities of **50**.

- providers
- parents/caregivers



## Family Forever: A Julia Storybook

Family Forever is the second storybook featuring our friend Julia! These storybooks are available in quantities of **50**.

- providers
- parents/caregivers



## Healthy Teeth, Healthy Me (Bilingual)

Caring for young children's teeth is an important part of keeping their bodies healthy—and it's never too early to get started! Strong first or baby teeth set the stage for strong permanent teeth, and help children play, learn, and grow. These tips and tools were designed to help you and your child care for her teeth together. Available in quantities of **100**.

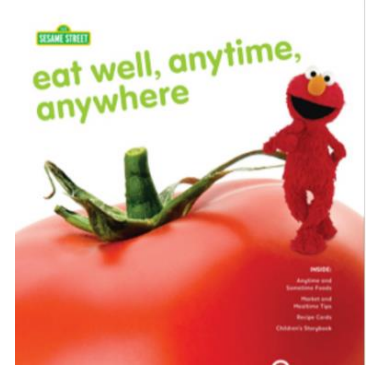
- providers
- parents/caregivers



## Eat Well Anytime, Anywhere (Bilingual)

Every family could use a hand getting their kids to eat more vegetables and fruits! This colorful kit includes a bilingual parent guide with tear-out recipe cards, a storybook, featuring friendly Sesame Street Muppets in an enchanted land made of vegetables, and more! Available in quantities of **100**.

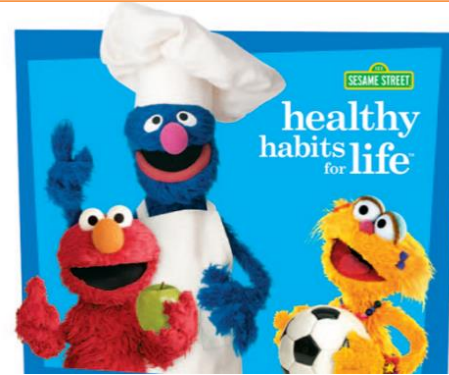
providers  parents/caregivers



## Healthy Habits for Life

Sesame Street Healthy Habits for Life was created for providers. The project features Sesame Street friends who model fun ways to move and play and encourage children to explore and enjoy healthy foods. Available in quantities of **10**.

providers  parents/caregivers



## Brave, Strong, Resilient (Bilingual)

Children face many challenges in life, and learning to cope with these obstacles is part of growing. This guide has been created for adults and kids to use together to develop during challenges and obstacles in life. You will learn about feelings, build confidence, solve problems, lead with “I can do it!,” and identify the circle of care. Family guide available in quantities of **25**; educator guide available in quantities of **20**. Combo packs include **20** Family Guides and **1** Educator Guide.

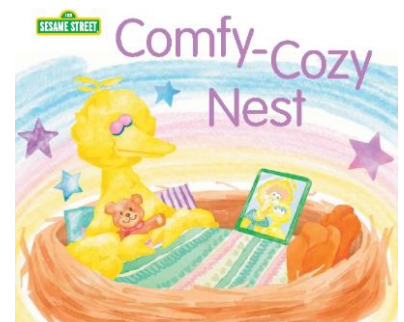
providers  parents/caregivers



## Comfy-Cozy Nest (Available in English & Spanish)

Traumatic experiences are a big deal... but Big Bird’s got a big spirit, a big heart, and big dreams. That’s why he’s the perfect bird to teach kids (and grown-ups too!) how to imagine the important coping strategy of creating their own safe place inside. Use this storybook to help kids learn the strategy themselves. Available in quantities of **50**.

providers  parents/caregivers



## Let's Get Ready: Emergency Preparedness (Bilingual)

Let's Get Ready: Planning Together for Emergencies is a bilingual (English/Spanish) multiple media resource designed to help entire families, especially those with young children, to plan and prepare together for emergencies. Available in quantities of **75**.

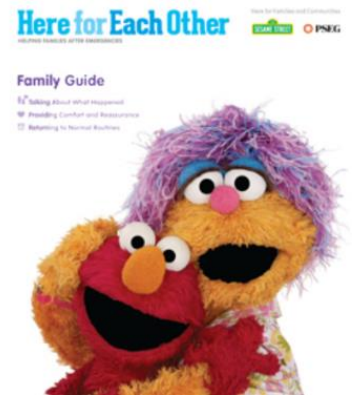
providers  parents/caregivers



## Here for Each Other: Emergency Response (Bilingual)

Here for Each Other is a bilingual resource (English/Spanish) that provides tips, ideas, and activities to help adults and children cope with disasters. Even in the most difficult of circumstances, families can find strength and resilience within their communities. Available in quantities of **75**.

providers  parents/caregivers



## Little Children, Big Challenges: Divorce (Bilingual)

Much needed resources for families with young children, ages 2 to 8, as they encounter the tough transitions that come with divorce. Available in quantities of **50**. **Currently out of stock.**

Click [here](#) to be added to the waitlist.

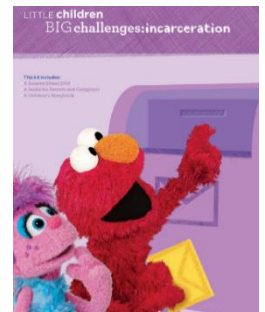
providers  parents/caregivers



## Little Children, Big Challenges: Incarceration (Bilingual)

A bilingual (English/Spanish) multimedia community engagement initiative to support young children, ages 3 to 8, and their caregivers during the incarceration of a parent. Available in quantities of **50**.

providers  parents/caregivers



## Little Children, Big Challenges: General Resilience (Bilingual)

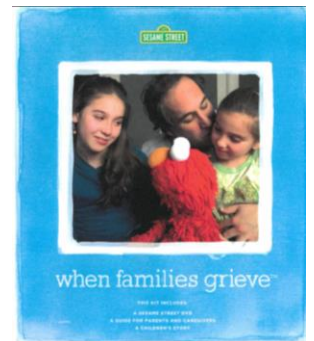
The Child Resilience Initiative gives children ages 2 to 5 and their families valuable education and skills to cope with adversity at home and school. Developed with input from psychologists and child-development experts, this toolkit is designed to bolster kids' sense of self, help them develop positive conflict resolution skills, and express their feelings in positive ways. Available in quantities of **50**.



- providers  parents/caregivers

## When Families Grieve (Bilingual)

This initiative provides resources in support of families with young children between the ages of 2 to 8 who are coping with the death of a parent. Available in quantities of **50**.



- providers  parents/caregivers

## Let's Play/Let's Help

Let's Play/Let's Help was created to assist children experiencing traumatic crises. The Let's Help kit is a Volunteer Guide for grown-ups. The Let's Play kit is a children's activity book. There are a few options for ordering this resource:

- Bundle: 2 Let's Help Guides, 10 Let's Play Guides**
- Let's Play: 25 toolkits**
- Let's Help: 5 toolkits**

- providers  parents/caregivers

### Let's Play

An 18-page children's activity book in English and Spanish with:

- Comforting Muppet Friends
- Movement Games
- Drawing Activities
- A Big Bird Storybook (Comfy-Cozy Nest, from Trauma initiative)

### Let's Help

A guide for volunteers and staff (16 pages each in English and Spanish) supporting children with:

- Activities you can do with children
- Ways to offer comfort and reassurance
- Tips for working with children
- Ideas for taking care of yourself
- Links to digital resources on [SesameStreetinCommunities.org](http://SesameStreetinCommunities.org)

## H is for Helping Hands

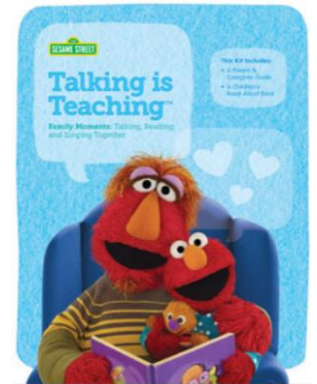
Community violence is violence that happens around you, but not to you. Sadly, our world is full of scary, disturbing news about people harming others, such as school shootings and acts of terrorism. It’s hard to know how to explain such events to young children, or how much to share. Whether children have been exposed to traumatic events in your neighborhood or across the world, you can help them feel safer and more secure...and build hope and healing for a more peaceful, kinder future. This toolkit reminds families that they are the “helping hands” who can help children through difficult times. It is available in quantities of **50**.



- providers
- parents/caregivers

## Talking is Teaching (Bilingual)

This bilingual (English/Spanish) program leverages the power of the beloved Sesame Street friends to motivate parents and caregivers to make the most of everyday opportunities to talk, read, and sing with their children ages 0-3, and inspires and empowers parents and caregivers to promote their children’s literacy development while nurturing their overall growth– from day one. Available in quantities of **75**.



- providers
- parents/caregivers

## Abby’s Magic Lunchbox (Bilingual)

Abby’s Magic Lunchbox holds the Sesame Street friends’ favorite snacks and activities! Share this story to help kids notice the math all around them– all day long. This book will help you teach early math skills during everyday moments, incorporate “math talk” into conversations, notice how an everyday object like a book can be a math tool, and build a home-school connection. Available in quantities of **25**.



- providers
- parents/caregivers