



# Show Me Strong Kids EARLY YEARS

Hi! I'm Sophie. I want to share how I learn about the world around me.



Play helps me learn what I like and don't like. Play shows me how to be with other people.



Laughing together is play.  
Play shows me you like  
being with me and I  
am safe.

Playing at least  
five times a day  
helps me grow  
and connect.



Play can help my brain  
and body stay strong.

Even meeting animals  
is play!

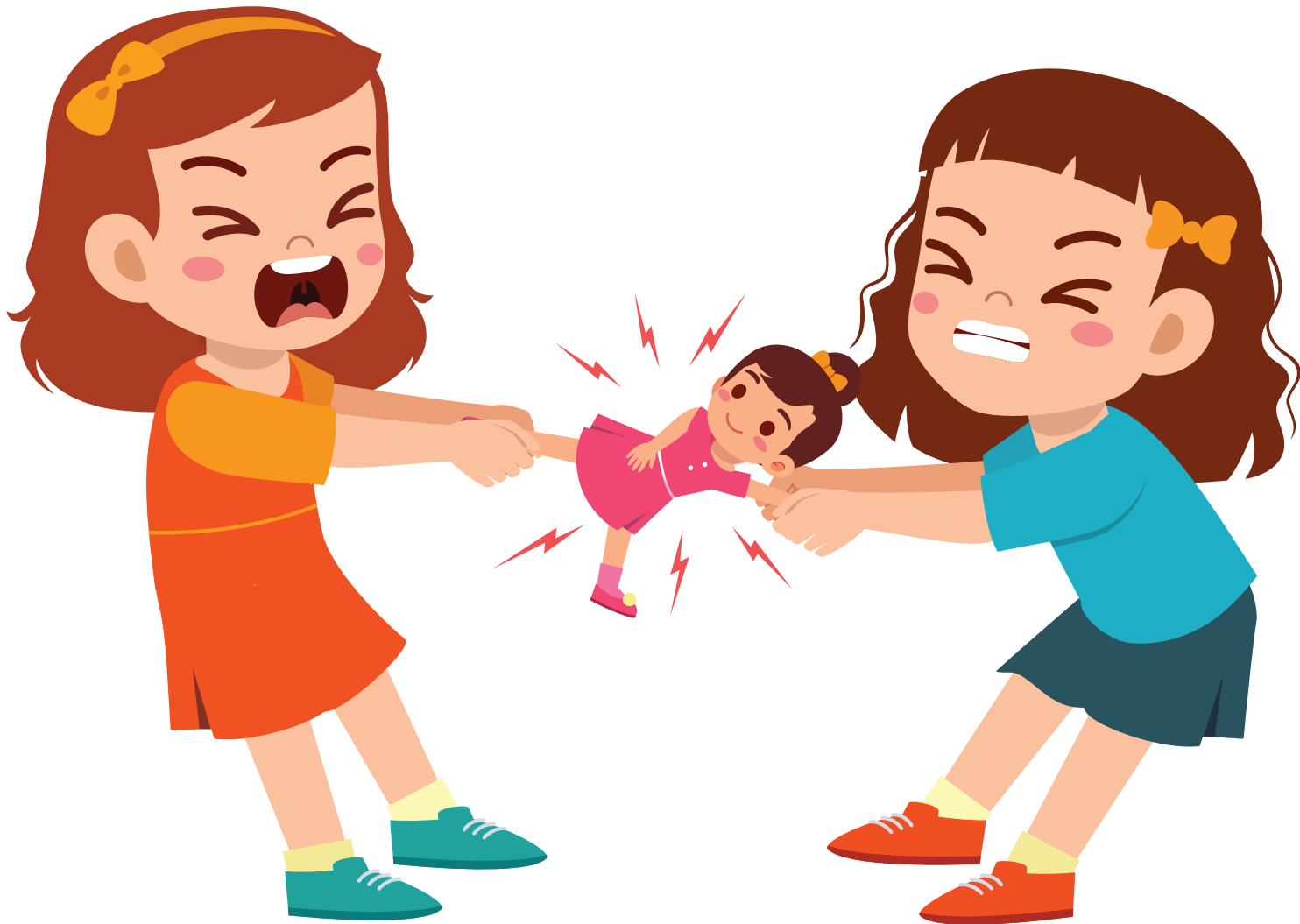


Play is just one way to learn. When I play,  
I learn how to be kind to others.

I can share with my friends.  
I can learn about what they  
like. We can have fun  
together. If I want  
to stop playing,  
I can use my words  
to ask for a break or  
to do something else.



It's okay to feel sad, mad or scared. When I have big feelings, it is sometimes hard to be kind.



Sometimes when I don't get the things I want or do not want to do something, it makes me have big feelings. These feelings make me want to hit, kick, or yell. Hitting, kicking, and yelling can hurt me or my friends.



When I have big feelings, I can talk to a grown up I know and trust.

A grown up can help me take a deep breath or talk about my big feelings. This helps me feel calm and safe.





Books help me learn about the world around me.

Books tell stories in pictures and words. Books teach me new facts and new ideas.

Reading is fun and it makes my brain stronger.



I learn so much from books. Sometimes I look at books by myself. Sometimes I look at books with my family. I even look at books with friends in my class.



Books are everywhere. You can find them at home, at the doctor, at school and where you play. You can look at pictures in books or read books by yourself. Family and friends can read books with you, too!





I learn about the world through play, sharing, and reading to keep my mind and body strong.



Learn more about  
being a Show Me Strong Kid at  
[Showmestrongkids.org](http://Showmestrongkids.org)