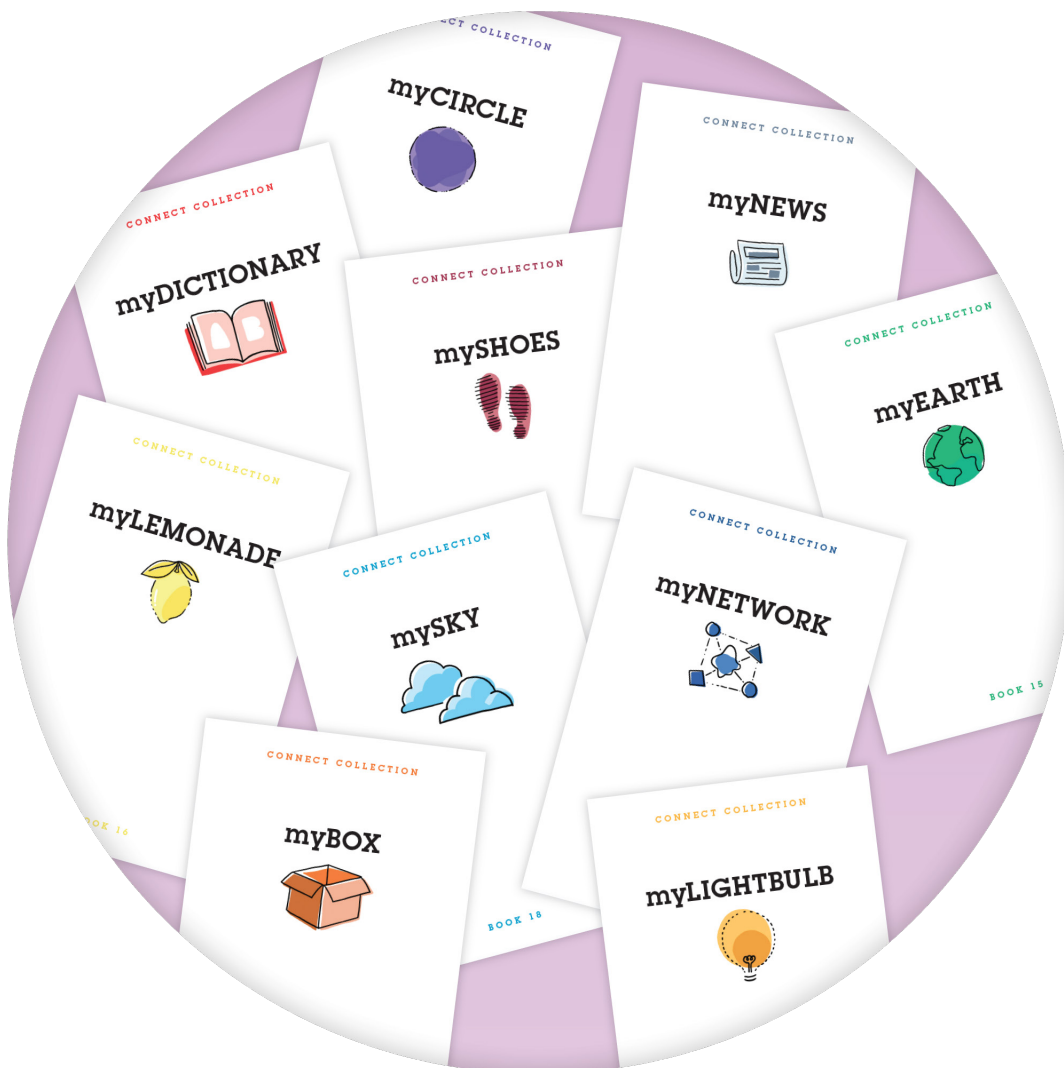




— CONNECT COLLECTION: VOLUME 2 —

Parent Activity Guide



myDICTIONARY



BOOK 11

BOOK 11

myDICTIONARY

SUMMARY

We all interpret words differently. myDICTIONARY is a space to explore your personal interpretations of words. Understanding and sharing your unique definitions will help you connect to yourself and to the world around you.

THEME

Interpretation



CHAT

1. As a family, go around and share your personal definitions for the following words:

- Family
- Listen
- Connect
- School
- Evening

2. What can we learn from having different understandings of words? How can it help us communicate?

NOTE: Try to be specific and personal with your answers. For example, the word “listen” might be light to you, but it may be heavy to someone else. This difference in perspective can lead to an interesting discussion!



LET'S GET MOVING

After reading myDICTIONARY, go to youtube.com/nalinikids, select the ONE WORD Workout Library playlist and choose a workout together! Need a suggestion? Give the *Success* and *Happy* workouts a try!



ILLUSTRATE YOUR POINT

Open your book and share the page you're most proud of completing. Explain why. Then share which part of the book you think is the most important (it's okay if this is the same page)!



CREATE

*our*DICTIONARY

Using the words in the CHAT prompt or words that you connect to as a family, make a family dictionary that has multiple definitions of words on each page. Have each family member fill out their definitions in the book and keep it as a reference for how you communicate and share as a family.

Feel free to use myDICTIONARY as a template/model for how to design your pages. And don't forget to make a creative cover page together!

myCIRCLE



BOOK 12

BOOK 12
myCIRCLE

SUMMARY

Who is in your circle? Why are they a part of it? In one way or another, we are all part of a circle. The choices we make and some circumstances out of our control influence what is in and out of our circles. By understanding the impact of your unique circle, you will be empowered to connect with the world around you. Welcome to myCIRCLE.

THEME

Community, Connection



CHAT

1. How could sharing your circle with your parent, sibling, or friend help you understand each other?
2. Talk about the role families play in our circles. When do they make your circle feel light? When do they make your circle feel heavy?



LET'S GET MOVING

After reading myCIRCLE, go to youtube.com/nalinikids, select the ONE WORD Workout Library playlist and choose a workout together! Need a suggestion? Give the *Build* and *Love* workouts a try!



ILLUSTRATE YOUR POINT

Open your book to share the illustration you're most proud of. Explain why. And if it's a different page, also share which part of the story you think is the most important!



CREATE

Venn Diagram Challenge

A Venn diagram is a chart of two overlapping circles that form three distinct areas: things that are unique to one, things that are common to both, and things that are unique to the other.

Choose one person in your family and make a Venn diagram using your circle and their circle. What do they have in common? What are the differences? Are there any surprises?

mySHOES



BOOK 13

BOOK 13
mySHOES

SUMMARY

You are unique. Your experiences are unique. Your opinions are unique. Give meaning to your words, actions, and choices by sharing them with others. In mySHOES, share your unique perspective and take a walk in another person's shoes. When we understand each other, the world is more connected. Let's take a walk!

THEME

Perspective, Empathy



CHAT

Have each family member answer the questions below. sit together at a table or in your living/family room. Make eye contact with the person on your left. Then take turns responding to these questions about that person.

1. What would you see if you walked in this person's shoes for one minute?
2. What would you see if you walked in this person's shoes for one hour?
3. What would you see if you walked in this person's shoes for one day?



LET'S GET MOVING!

After reading mySHOES, go to youtube.com/nalinikids, select the ONE WORD Workout Library playlist and choose a workout together! Need a suggestion? Give the *Discover* and *Alive* workouts a try!



ILLUSTRATE YOUR POINT

Open your book and share the page you're most proud of completing. Explain why. Then share which part of the book you think is the most important (it's okay if this is the same page)!



CREATE

Guess Who

Have each member of the family write 5 things down that they experience every day on separate slips of paper. (This can range from physical objects to people to places). Put all slips of paper in a hat or small bag. Take turns pulling out items and guessing who it belongs to (hint: think about their point of view!). If you guess correctly, you keep the slip of paper. Whoever has collected the most slips of paper at the end is the mySHOES winner for the day.

myNEWS

BOOK 14

BOOK 14

myNEWS**SUMMARY**

myNEWS may look like a book, but it's actually a newspaper! It delivers your understanding of news and allows you to choose your sources, headlines, and stories. Information can come from anyone, anywhere, and at anytime. Sharing your experiences, events, and findings will help you understand the world around you and develop your personal point of view.

THEME

Spread of Information, Point of View, Perspective

**CHAT**

1. What news story today made you feel light?
2. What news story today made you feel heavy?
3. Identify a problem that you or a friend of yours is having with social media. Discuss tactics that can be used to make the Internet a safer place!

**LET'S GET MOVING**

After reading myNEWS, go to youtube.com/nalinikids, select the ONE WORD Workout Library playlist and choose a workout together! Need a suggestion? Give the *Grateful* and *Worry* workouts a try!

**ILLUSTRATE YOUR POINT!**

Open your book and share the page you're most proud of completing. Explain why. Then share which part of the book you think is the most important (it's okay if this is the same page)!

**CREATE**

It's How You Spin It!

Choose a hot topic in the media today. Have each member of the family choose one of the following ways of sharing the news with the whole table: Tweet, Image, or TV Reporter.

What do you learn from the story when you're limited to a short tweet? What do you learn about the story from an image? What do you learn when someone doesn't have all the information?

myEARTH



BOOK 15

BOOK 15
myEARTH

SUMMARY

The Earth is your home. myEARTH is a place to reflect on your home and how you can improve it both for yourself and others. What do you value about your Earth? What are your concerns? Guide us through a tour of your Earth, so we may better connect as a community.

THEME

Resources, Home, Community



CHAT

1. Share with your family the resources of your home and your ideas to improve or take care of those resources.
2. How is your home like the Earth? What rules and courtesies apply to both?



LET'S GET MOVING

After reading myEARTH, go to youtube.com/nalinikids, select the ONE WORD Workout Library playlist and choose a workout together! Need a suggestion? Give the *Respect* and *Think* workouts a try!



ILLUSTRATE YOUR POINT

Open your book and share the page you're most proud of completing. Explain why. Then share which part of the book you think is the most important (it's okay if this is the same page)!



CREATE

MAP IT!

Using only resources that you can find in your home, create a model of your Earth. You can create your home, your school, your neighborhood, or a whole continent. Show what resources are important to include and what should not be allowed on your model.

NOTE: Get creative! You can make a drawing or a 3D model. You can make a vlog, or code.

myLEMONADE



BOOK 16

BOOK 16

myLEMONADE

SUMMARY

“When life gives you lemons...” You may have heard this expression before, but in this book, you won’t just make lemonade, you’ll learn how to make your unique recipe. How do you handle hardship? How does your attitude change in the face of adversity? myLEMONADE is a book that follows your recipe for life.

THEME

Perseverance, Resilience, Attitude



CHAT

1. Have each person take a turn saying one successful thing that happened to them today. Then identify something that could have gone better.
2. Discuss the idiom “When life gives you lemons, make lemonade.” Share personal anecdotes or ask questions about the meaning and implementation of that idiom in real life.



LET’S GET MOVING

After reading myLEMONADE, go to youtube.com/nalinikids, select the ONE WORD Workout Library playlist and choose a workout together! Need a suggestion? Give the *Perseverance* and *Resilience* workouts a try!



ILLUSTRATE YOUR POINT

Open your book and share the page you’re most proud of completing. Explain why. Then share which part of the book you think is the most important (it’s okay if this is the same page)!



CREATE

Inventions/Transformations

Choose 1 item described in the book: yarn, lemon, music note, seed, blank page, etc. Using only that item and the tools available to you, transform it into something else that could help someone in your family. For example, a blank page could turn into a letter. A glass could turn into a flower pot. A piece of yarn could become a bracelet. Get creative and play!

myBOX



BOOK 17

BOOK 17
myBOX

SUMMARY

Where do your thoughts live? What do they look like? What does it mean to think outside the box? Use myBOX as a tool to showcase your life from an internal and external point of view. Discover and share both the limits and potential of your thoughts and opinions to help you understand and connect with the world around you.

THEME

Point of View, Potential, Limitations



CHAT

1. What words come to mind when you think about being uncomfortable?
2. What words come to mind when you think about being comfortable or confident?
3. Do you have an uncomfortable or proud moment to share? Does that moment feel heavier or lighter now that time has passed?



LET'S GET MOVING

After reading myBOX, go to youtube.com/nalinikids, select the ONE WORD Workout Library playlist and choose a workout together! Need a suggestion? Give the *Empathy* and *Patience* workouts a try!



ILLUSTRATE YOUR POINT

Open your book and share the page you're most proud of completing. Explain why. Then share which part of the book you think is the most important (it's okay if this is the same page)!



CREATE

Out of the Box!

Based on the prompts in myBOX, find an actual box in your home and fill it with items you have and want to share. If something is too big or is abstract (like an idea), write it on a slip of paper and put it in your box!

CREATE (CONTINUED)

Bringing the book to life in this way and unboxing your thoughts and favorite things as a family will help you learn about your shared values.

NOTE: Explore! Encourage members of the family to think creatively and add items from their room, the yard, the kitchen, living room. If two people want the same item, put it in a box called “the family box.”

mySKY



BOOK 18

BOOK 18
mySKY

SUMMARY

“The sky’s the limit!” What does this mean to you? What does your sky look like? In mySKY, explore your hopes and dreams to unleash your potential and soar. By dreaming big and connecting with the environment around (and above!) us, you open your mind to possibility and accomplishment. Let’s fly into your sky!

THEME

Hopes, Possibilities, Dreams



CHAT

1. Was there a time today where you let yourself daydream? What did you think about?
2. As a family, come up with a family sky and a collective hope or dream.
3. Discuss the idiom, “the sky’s the limit.” Share personal anecdotes or ask questions about this expression.



LET’S GET MOVING

After reading mySKY, go to youtube.com/nalinikids, select the ONE WORD Workout Library playlist and choose a workout together! Need a suggestion? Give the *Courage* and *Ambitious* workouts a try!



ILLUSTRATE YOUR POINT

Open your book and share the page you’re most proud of completing. Explain why. Then share which part of the book you think is the most important (it’s okay if this is the same page)!



CREATE

The Future Family:

It can be easy to think about where we would like to be in 5 years, but have you ever thought about where your parent, sibling, or best friend will be in 5 years?

Have each family member draw a family portrait...set in the future!

CREATE (CONTINUED)

Imagine your family 5 years from now. What are they wearing? What are they doing?

Compare and contrast your drawings as a family. Are there any surprises?

myNETWORK



BOOK 19

BOOK 19

myNETWORK

SUMMARY

Text. Send. Download. Connect. How do the choices we make with our technology affect us? The speed at which we can share with others is a valuable tool and an important responsibility to understand. How is your network different than someone else's? Do your thoughts expand or contract based on the environment you're in? In myNETWORK, explore your personal network connection and how you can share and impact the world around you.

THEME

Collaboration, Sharing, Networking, Technology



CHAT

1. As a family, discuss the value of privacy and personal space. When is it appropriate to share? Where is it appropriate to share?
2. What kind of technology do you/can you experience together? What problem does using this technology solve? What problem could using this technology cause?



LET'S GET MOVING

After reading myNETWORK, go to youtube.com/nalinikids, select the ONE WORD Workout Library playlist and choose a workout together! Need a suggestion? Give the *Connect* and *Safe* workouts a try!



ILLUSTRATE YOUR POINT

Open your book and share the page you're most proud of completing. Explain why. Then share which part of the book you think is the most important (it's okay if this is the same page)!



CREATE

ourNETWORK

Have each family member write down some favorite habits/topics of their network on slips of paper. These can be serious or silly.

CREATE (CONTINUED)

Put all the papers face down on the table. Take turns turning over the slips of paper and voting as a family on whether it belongs in the family network. Ask questions like, “Is this something we can share in person? Over text? Never?”

At the end, make a list of all the “approved” things in your network as a way to connect and plan things to do together!

myLIGHTBULB



BOOK 20

BOOK 20
myBOX

SUMMARY

Communicating your bright ideas makes them shine even brighter! myLIGHTBULB is a book that gives you the tools to share all your ideas, big and small. Connect to yourself, your friends, and the world at large by shining your light.

THEME

Communication, Ideas



CHAT

1. How do you feel when someone shares an idea with you? How can we brainstorm and come up with new ideas as a family?
2. What objects/things/people inspire your ideas and creativity?



LET'S GET MOVING

After reading myLIGHTBULB, go to youtube.com/nalinikids, select the ONE WORD Workout Library playlist and choose a workout together! Need a suggestion? Give the *Imagine* and *Solution* workouts a try!



ILLUSTRATE YOUR POINT

Open your book and share the page you're most proud of completing. Explain why. Then share which part of the book you think is the most important (it's okay if this is the same page)!



CREATE

YES! And...

Choose one person to start. Share a simple or silly idea with the family (ex: a heated spoon that makes it easier to scoop ice cream). The next person adds on to this idea by saying "YES! And then..." The next person adds onto that idea by saying "YES! And then..." Repeat until you have a full brainstorm for something real or imaginary that you've created together. Repeat activity again with a new person starting each round.