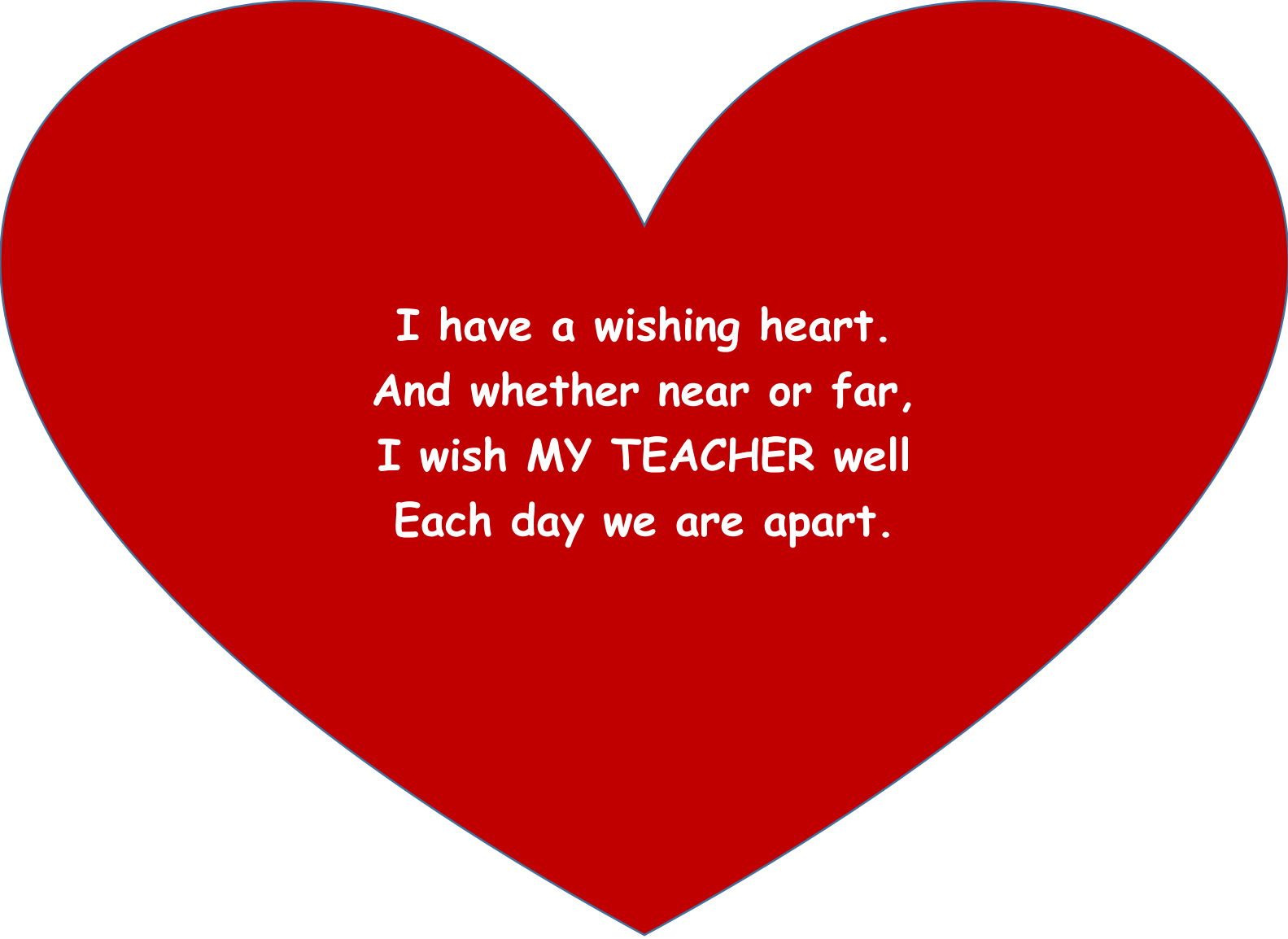




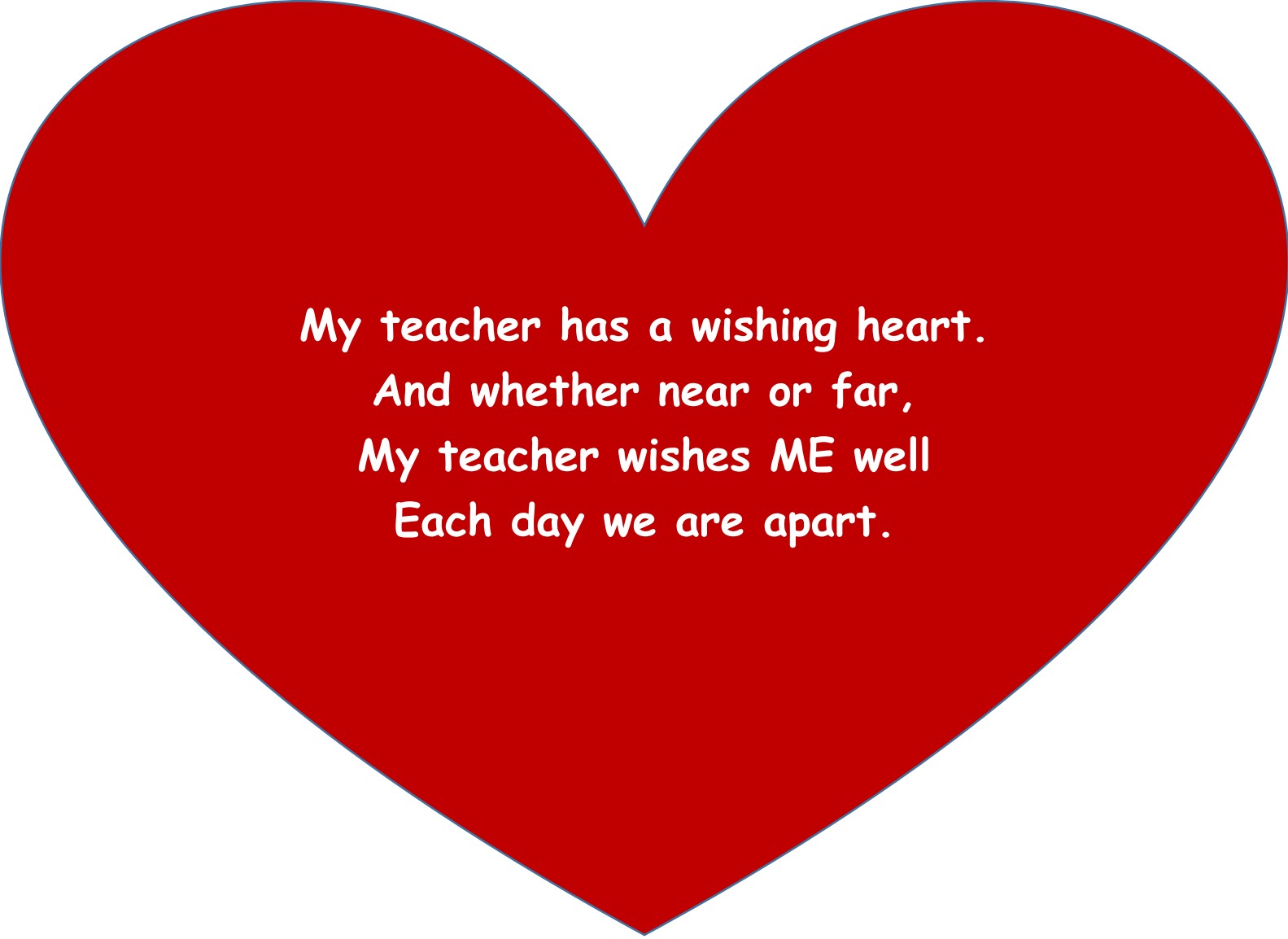
I Have a  
Wishing Heart

*A Social Story*




I have a wishing heart.  
And whether near or far,  
I wish MY TEACHER well  
Each day we are apart.

*(While reading this page, gently massage pinky of child's hand)*




**My teacher has a wishing heart.  
And whether near or far,  
My teacher wishes ME well  
Each day we are apart.**

*(While reading this page, gently massage child's ring finger.)*



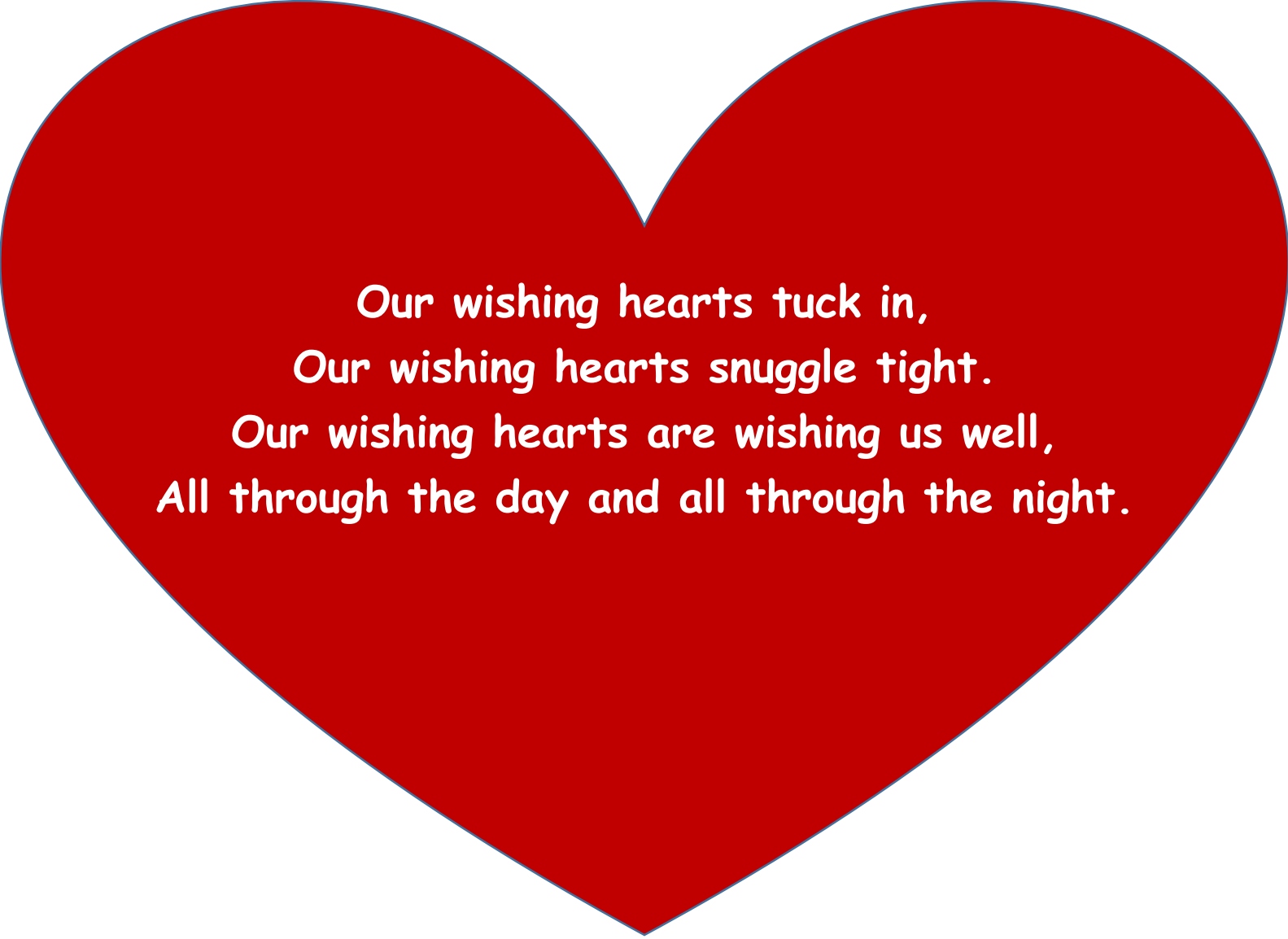
I have a wishing heart.  
And whether near or far,  
I wish **MY FRIENDS** well  
Each day we are apart.

*(While reading this page, gently massage child's middle finger.)*



**My friends have a wishing heart.  
And whether near or far,  
My friends wish ME well  
Each day we are apart.**

*(While reading this page, gently massage child's index finger.)*



Our wishing hearts tuck in,  
Our wishing hearts snuggle tight.  
Our wishing hearts are wishing us well,  
All through the day and all through the night.

*(While reading this page, gently massage thumb and tuck it into palm with first line. With second line, fold fingers over the thumb. Gently cradle and rock child's hand in yours. On fourth line, hold child's hand and give it a kiss.)*

During times of uncertainty, it's helpful to remember that children may be experiencing the same fears or anxieties that we are experiencing as adults. Children's social emotional well being can be supported by social story books and playful connecting games. These nurturing activities can help children feel safe and strengthen relationships. We hope this book provides you and the children in your care some comfort when you are together, as well as when you are apart.



**Smile  
Take a Breath  
And  
Relax!**

**You've got this!**

# How Parents Can Help

- Your child's teacher has been reading this book to your child and the other children that make up your child's school family.
- We hope you enjoy experiencing the meaningful relationship your child has with their school family when you read this story with your child.
- While reading, add the motions as noted to further enrich the connecting moment with your child.
- For a variation, add the names of family members to the Wishing Heart story.
- Connecting moments that include eye contact, playfulness, presence, and gentle, appropriate touch strengthen relationships, increase willingness and cooperation, and build impulse control.
- See an example of this social story at the Conscious Discipline in Arkansas YouTube page.

## Other Ways to Help:

- Have consistent bed times and help your child get the proper amount of sleep every night.
- Establish routines for the day and take pictures of your child's new routine at home, placing the pictures where your child can see them daily.
- Be a STAR when you feel stressed.
- Practice STAR with your child throughout the day.
- Be a STAR for your child when your child feels sad, frustrated, angry, or disappointed.
- Use the Story Hand below for another connecting activity.

