DEFINITION OF COOL: Discover how each of us is cool in our own way.

Age Range: 3-5

Skills/Subjects
• Appreciating & Understanding Diversity
• Language & Literacy
• Social & Emotional Development

Materials
• materials for chosen skills (see below)
• markers
• paper

Directions
Help your children develop self-esteem and an appreciation for others.

1. **Brainstorm**: Brainstorm a list of talents or attributes your children perceive as being "cool" (e.g., living near a large city; having a brother, sister, or pet; being able to sing, draw, kick a soccer ball, play chess, solve a math problem, braid hair).

2. **Share**: Have each child talk about why they think the others are cool. Have them share or perform a special "cool" talent with each other (e.g. making paper airplanes, singing a song, telling a story).

**Talk About It**
Talk with your children about what it means to be "cool." Encourage them to realize that being cool means feeling good about your actions and yourself, and not doing something just because someone dares you to.