

HÍ, I'M LOVEY DOVE!



My Story...

I live in an auburn nest high atop a Japanese Maple Tree. My nest has one bedroom, a kitchen, and a playroom with a magic slide where the other Characters spend a lot of time.

Favourite number: 11

Favourite colour: Lemon yellow

Loves healthy snacks like carrot sticks and yogurt raisins

Enjoys singing and whistling

I can help you with...

- Sharing pride without bragging
- Celebrating others' accomplishments
- Overcoming discouragement
- Moving through worried feelings

LOVEY DOVE is sweet and nurturing and, like all doves, tries to keep the peace. Sometimes Lovey Dove tends to worry. Lovey Dove keeps Turtle Dove tucked gently under her wing. Lovey Dove is a successful problem solver because she's a great listener.

Lovey feels **kind** when he helps his friends.

Lovey feels **happy** when she's helpful.

Lovey feels **proud** when he treats people the way he wants to be treated, with kindness and friendliness.

Meet Lovey Dove! (Parent Information)

Lovey Dove has been introduced to your child's classroom to teach us about the feelings proud, kind and friendly. Lovey is the character who is sweet and nurturing. Lovey Dove is very wise and calm, likes to cuddle and make everyone feel better when they are upset, but sometimes Lovey Dove worries.

Some ideas you can talk about and try with your children

Common Language

Eye contact: Looking at the eyes of others when listening and speaking

Friendly Signals: Using gestures and words to convey friendliness: eye contact, head nod, smile, wave, high five, pat on the back. Replying when someone says 'hello'

- When you and your child are in new situations, decide that you both will make a point of making eye contact, smiling, and being friendly to people you don't know well. Afterward, talk about how people responded and how you felt about being friendly.
- Give your child a reminder: "I see kids at the park we don't know. How about giving a Friendly Signal when your eyes meet?"
- Acknowledge your child when he/she is friendly to others: "Your smile and eye contact let people know you are friendly."
- Share how you push yourself to be friendly in new situations: "Today at school, I'm going to be friendly to a few parents I have not met yet." Afterward, share your experience.
- You can also encourage eye contact by having your child "talk" to your eyes rather than saying, "Look at me when we are talking." You can prompt your child by saying, "Tell my eyes what happened...."

Family Fun: Playful Ways to Practice

Find the Feelings: Proud, kind, and friendly. Build your child's emotional vocabulary and awareness by:

-Noticing facial expressions and sounds that match these feelings. "Dad's face is saying he is feeling proud of your generosity." "That salesperson was friendly with her cheerful voice."

-Talk about when you have these feelings and how to express them. "I like to do kind things and not tell anyone. Today, I took in our neighbour's rubbish bin. I bet he will feel happy."

-Share Pride for What You Value: Share your pride when you observe your child being generous, respectful, responsible, fair, compassionate, patient, kind, resilient, creative.

-Create a Friendly Signals Week. Decide as a family to pay attention to friendliness this week. At meals, bedtime, or when in the car, talk about people who have a "way" of being friendly. How does it feel to be around this person?

