



## Virtual Field Trip Parent Companion Guide

### Objectives

Children will:

- Identify qualities that make them unique
- Discuss the social and emotional concepts presented in the Wings for Kids Virtual Field Trip
- Apply social and emotional concepts to their own daily lives

### Overview

The Wings for Kids Virtual Field Trip introduces children to the key pillars of emotional intelligence through the eyes of their peers. Viewers meet other real-life children who share a pledge called Words to Live By. Viewers follow these kids throughout their day as they explain and model how the Words to Live By teaches them important skills they can use to better understand themselves, control their actions, strengthen their relationships, and soar high with wings! This companion guide is designed to help children begin to self-reflect and connect with family members during and after viewing the Virtual Field Trip. It is designed to extend learning as your family begins to apply the social and emotional concepts in the Words to Live By to your lives.

### Ages

This guide is designed for families with children ranging in ages five to twelve years old.

### Before Viewing

Introduce the Virtual Field Trip to your family by explaining how they are going to get a peak inside the lives of other kids. Ask them to pay attention to the lessons explained by the children in the film and think about times they could use those lessons at home or school.

### After Viewing

Lead family members in a discussion focused on when and how the Words to Live By can be used at home or in school. Utilize the following prompts for additional conversations, dinner table talks, or journal entries. Ask follow-up questions to encourage deeper discussion.

- What is the best part about being you?
- What is something you wish you were better at doing?



- What are some emotions you felt today and why did you feel that way?
- Share something that has recently frustrated you and how you dealt with it.
- What is a mistake you've made and what did you learn from it?
- Name something you are proud of accomplishing.
- What makes you different from everyone else in this family?
- When are some times we should step into each other's shoes?
- What are some ways we support each other?
- Name something you love about each person in our family.
- What are some ways our family displays the lessons in the Words to Live By?

## Follow-Up Activity: Our All-Star Team

This activity prompts family members to view themselves as a team. It requires children to think about their own unique qualities and reflect on what they can contribute to their family.

### Materials

- All-Star Card, one per family member
  - Coloring and writing materials
1. Ask family members if they have ever seen a card for a sports player or a character like Pokémon and have them consider what they can learn from these cards. Be sure everyone understands the purpose of these cards is share special information about the person or character on the card.
  2. Explain that each person in the family is special. There are many similarities, but also many differences: from how we look and what we like to do, we are each unique in our own ways.
  3. Tell that each family member will make an All-Star card featuring themselves as the star! This activity will help everyone identify what makes them a special part of this team - their family.
  4. Distribute one All-Star card to each member. Explain that they should draw a detailed picture of themselves in the center that shows them doing a favorite activity.



5. Instruct everyone to put their name and age in the appropriate spot and write at least one fun or unique fact about themselves. Explain that the only rule is that this fact must not be something that others can tell by looking at them or their picture. For instance: *I have long hair* would not work! Instead, *I love making people laugh* or *I want to be a nurse when I grow up* are fun and unique facts not based on appearances.
6. Once everyone has finished their cards, lead them in a family circle share. In this share:
  - Family should come together in a common place like the living room or dining room table and make a circle.
  - When everyone has gathered, choose one person to share first. The first person should share her/his card with the family and then everyone can discuss how this unique quality can help the family.
  - Once the card and the special fact as been discussed, the next person can share.
7. Repeat sharing so everyone has an opportunity to show their cards to the family and be sure to ask and encourage follow-up questions.
8. Wrap up by having family members share some of the fun facts they learned about one another. Guide your family in making the observation that each person is an all-star in their own unique way!

**All-Star Name:**

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**Age:** \_\_\_\_\_

**Fun Fact:**

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[illegible]

I soar with wings. Let me tell you why.  
I learn lots of skills that help me reach the sky.

I love and accept who I am on the inside  
and know my emotions are nothing to hide

Life's full of surprises that make me feel different ways.  
If I can control myself, I'll have much better days.

I understand the choices I make should be what's best for me to do,  
and what happens is on me and not any of you.

I understand others are unique. I want to learn more about everyone I  
meet. I want to step into their shoes and see what they are going through.

I am a friend. I support and trust. Working together is a must.  
Kind and caring I will be. I listen to you. You listen to me.

I soar with wings. I just told you why.  
All of these things are why I fly high.

