



## Find a page in the book that shows how you are feeling today.

Draw a picture or emoji or write words to show how you are feeling.

What disasters have you heard about? Think about the helpers. Draw or write one of your ideas about helpers. Think of some ways you can be a helper, too.



## Make a sock bean bag.

Fill a crew sock with sand or dried beans or rice, and then tie a knot. Gather in a circle with friends. Toss the bean bag to a friend and say something kind to them.Make sure everyone playing gets a turn.





## Read Maria's story again. What's your favorite rhyme?

Ask a grown-up to read it and leave out some of the rhyming words. See if you can fill them in. Then try saying or writing your own rhyme.



Maria's Kit of Comfort, by Kathy Fry-Miller and David Doudt, with illustrations by Kate Cosgrove © 2021 Brethren Press www.brethrenpress.com This resource may be photocopied for free distribution