

# MARIA'S KIT OF COMFORT



**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.

