Grownups come back.
Dear Family,

We’ve been working on what to do if we feel worried when we are separated from our family – when they drop us off at school or with a sitter, for instance. The picture on this card is from a short video of DANIEL TIGER’S NEIGHBORHOOD. After watching the video, we talked about Daniel and his worries about being separated from his family, learned a new song and played pretend.

Here’s an activity you can do with your child to continue exploring the idea that “grownups come back.”

Going Away & Coming Back

Children may feel left behind when their favorite grownups go off in cars and planes. This pretend-play activity can help children feel more in control and help them better understand what grownups may be doing when they are away.

Materials

• Chairs
• Construction paper to make signs and/or “tickets”
• Markers or crayons

Directions

• Ask your child what type of vehicle he/she wants to make.
• Depending on the choice, ask how many seats, and how exactly to construct this vehicle.
• Chairs can be lined up to form passenger seats.
• Let your child decide who will be the “driver, pilot, train engineer, ticket taker, or…”
• Once the vehicle is constructed, remember to fasten the pretend seatbelts.
• Start pretending. Talk about where they are going, who might be getting dropped off, how long they will be away, and when they plan to return.
• Pretend to look out the window and talk about what they see, saying something like “Look, there’s a big truck next to us. What do you think is inside?” or “That person is wearing a uniform. Where do you think she’s going?”
• Talk about the people being dropped off. What are they going to do?
• Remember to have the person come back and sing the song that Daniel Tiger and his friends sing.

You can also play other games with your children to explore going away and coming back. Games of hiding and finding, burying and rediscovering, or even peek-a-boo can help children better understand feelings around separation.


Watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel