



# Video Discussion Tip Sheet

## Bring a High 5!



1) Notice when someone does something you appreciate.



2) Work together to make a special High 5!



3) Bring your High 5! to show you appreciate them.



### Watch together! Then talk about:

- ✓ How did Nico feel after coming home from the dentist?
- ✓ What different High 5!'s did Nico, Mena, and CJ use together?
- ✓ What are the most important parts to remember when making a High 5! with someone?

### Practice together! Then talk about:

- ✓ How did it feel after Bringing a High 5! with me?
- ✓ Can you think of other people who you would like to make a High 5! with?
- ✓ What other types of High 5!'s could we make?
- ✓ When is a good time to Bring a High 5!?! When might we need to wait to Bring a High 5!?

### Additional Tips

- ✓ Don't forget to remind kids that they need to ask for others' permission before creating a special High 5! with them. Everyone has different feelings about physical contact.
- ✓ You can brainstorm fun ways to Bring a High 5! in which kids don't touch to be sure it's fun for everyone!



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