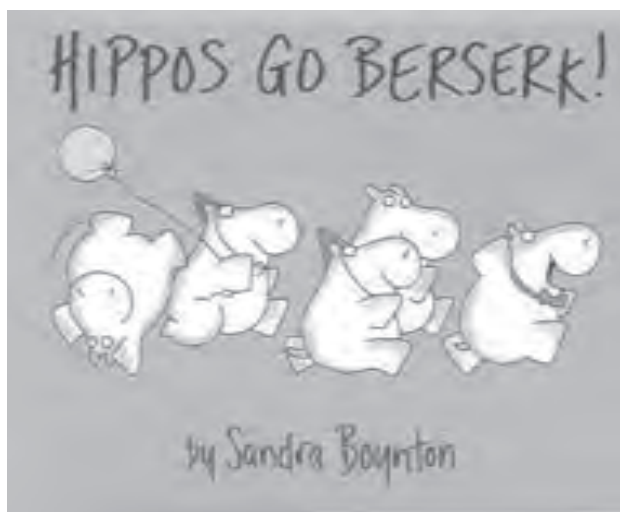




Hippos Go Berserk!

by Sandra Boynton



What You Will Need for this Session

- A copy of *Hippos Go Berserk!* for each family in the program
- Journals for parents
- Copies of the Numeracy handout
- Copies of the Literacy Action Plan handout
- Craft materials—crayons, glue, scissors, paper, etc.
- Activities in this kit:
 - How Many?
 - Hippo Math
 - Hippo Treats
 - All About Hippos
 - Hippo Colouring
 - More About Hippos/More Counting Books
 - Hippo Jokes
 - Make a Juice Can Phone
 - Matching
 - Counting Game - Elimination
 - Rhymes



Session Overview

1. Introductions

- Review the group agreements.
- Warm-up Activity – Count Up

2. Group Discussion

- Review what happened during the week:
 - What literacy activities did parents do at home with their children?
 - What worked well? Did anything not go well?
 - Did they follow the Literacy Action Plan?
- Talk about the adult discussion topic – Numeracy.

3. *Hippos Go Berserk!* by Sandra Boynton

- Introduce the book.
- Read the book together. Ask for volunteers to read parts of the story.
- Discuss the story. Think of activities related to the book that families can do at home.
- Hand out the activity sheets. Go over them and make sure that parents understand the activities.
- Make an activity related to the story that families can use at home.

4. Adult Writing

- Ask parents to fill in the Literacy Action Plan for next week.
- Ask parents to write down one thing in their journals that they learned this evening and then share it with the group, if they feel comfortable.



- *Northern Writes* and *More Northern Writes* are also good sources of adult writing activities, and are available for download at www.nwt.literacy.com. Print copies are available from the NWT Literacy Council.

5. Story Time

- Have the kids come back from their reading circle and read with their parents.
- Read another book together (you can choose one from the More about Hippos list) or learn the poems.
- Try playing *Elimination* (pg. 24).



6. Snack Time

- Serve a healthy snack.
- Leave a bit of time for parents and children to socialize.

Snack of the Week—Party Parfait

Plain or vanilla yogurt
Lots of fresh fruit
Whole grain cereal

Fill bowls halfway with yogurt. Add a layer of fruit and cereal. Spoon in more yogurt and add another layer of fruit and cereal. Refrigerate until serving time. For frozen parfaits, freeze the yogurt and fruit before you assemble the parfait.



Warm-up Activity – Count Up

The object of this Warm-up is for the group to count to ten as a group. The first person in the group says “one.” Someone else must say “two” without a delay of more than about 3 seconds. If two people talk at the same time, or if there is a delay, you must start again at one. The game continues until the group reaches 10.



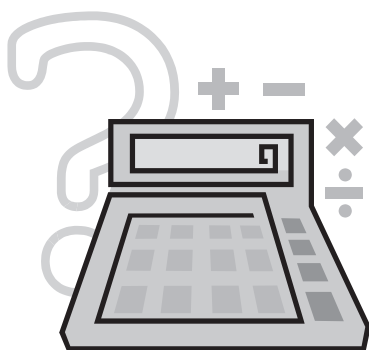


Adult Discussion – Numeracy

Literacy isn't only about reading and writing! Being able to use and interpret numbers is an important part of literacy and everyday life. Here are some everyday places where numeracy is important:



At home: measuring while cooking and baking, balancing a chequebook, making repairs and home improvements, making a budget, calculating your household expenses...



At the store: calculating a unit price, estimating the cost of your groceries, handling money...

At work: interpreting graphs and charts, reading instruction manuals, planning your time, using a computer, setting up and managing a budget...

In your spare time: using a computer, measuring (for sewing, woodworking, home improvements, etc.), evaluating numerical information presented in books, newspapers and magazines...

Discuss the following questions, or have the parents write their responses in their journals.

- Where else do you use numeracy in your life?
- Do you feel confident about your numeracy skills?
- Have you ever struggled with a task that required numeracy skills, such as filing a tax return or making a budget?
- What can parents do to help children develop their numeracy skills?



Literacy Action Plan

Monday

Read for 15 minutes with your child.

Tuesday

Read for 15 minutes with your child.

Wednesday

Read for 15 minutes with your child.

Thursday

Read for 15 minutes with your child.

Friday

Read for 15 minutes with your child.

Saturday

Read for 15 minutes with your child.

Sunday

Read for 15 minutes with your child.





About the Author⁷

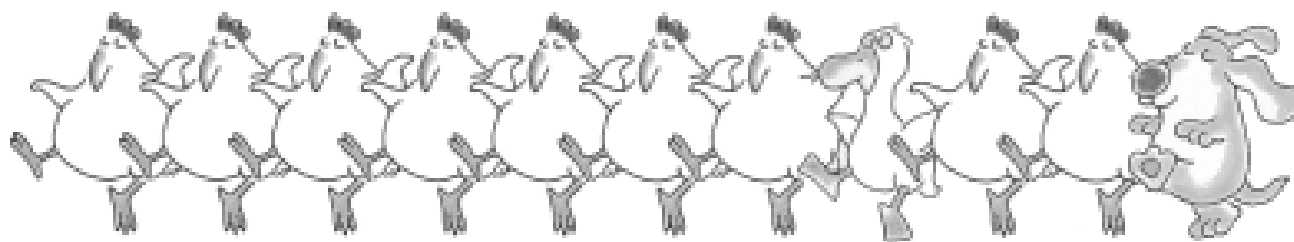


Sandra Boynton was born in Orange, New Jersey in 1953. She majored in English at Yale University. While at university she began designing humorous greeting cards featuring cartoon animals to

make extra money. After college she continued to sell greeting cards at small shops and craft fairs. She has sold more than 4000 card designs.

Hippos Go Berserk! was her first book, written while she was a graduate student at the Yale School of Drama. She later met and married Olympic canoeist Jamie McEwan. They collaborated on two books for children, *The Story of Grump and Pout* and *The Heart of Cool*.

To date she has written and illustrated over 40 books, most of which are board books for very young children that feature cartoon-style animals as characters. She has also written and produced four albums of children's music. She has four children, all of whom sing on her first album.



⁷ From the official site of Sandra Boynton www.sandraboynton.com/sboynton/index.html



How Many? (Ages 3 and up)

How many of each of these things can you find in *Hippos Go Berserk*? Count the covers too!

1. Balloons _____



2. Telephones _____



3. Flowers _____



4. Top hats _____



5. Cakes _____



6. Party hats _____



7. Hippos _____ (very tricky!)



Answers: 3 Balloons. 5 Telephones. 4 Flowers. 8 Top Hats. 2 Cakes. 11 Party Hats. 181 Hippos.



Hippo Math

(Ages 4 and up)

$$\begin{array}{c} \text{Hippo} \quad \text{Hippo} \quad + \quad \text{Hippo} = \end{array}$$

$$\begin{array}{c} \text{Hippo} \quad \text{Hippo} \quad \text{Hippo} \quad + \quad \text{Hippo} \quad \text{Hippo} = \end{array}$$

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$$\begin{array}{c} \text{Party Hat} \quad \text{Party Hat} \quad \text{Party Hat} \quad - \quad \text{Party Hat} = \end{array}$$

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More Hippo Math
(Ages 6 and up)



1. If 1 hippo invites 6 hippos to a pool party, but 2 hippos stay home with the flu, how many hippos come to the party?
2. Harry the Hippo is all alone. He invites 2 shy hippos, 3 polite hippos and 5 happy hippos to his house. How many hippos does he invite?
3. If one hippo brings 4 birthday cakes and another hippo brings 2 birthday cakes to a party, how many cakes will there be altogether?
4. Hilda Hippo invites 7 hippos over. One hippo brings 3 friends along. 2 grumpy hippos go home early. How many hippos are left?
5. 10 hippos are at a party. 4 are wearing party hats. How many are not wearing party hats?
6. 7 Hippos go to a skating party. How many skates will they need?
7. If 5 hippos go to the beach, how many water wings will they need?
How many towels will they need?



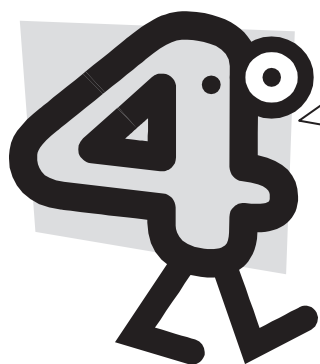
Tricky Problems

(For parents and older siblings)

1. You are holding a pizza party for 47 hippos. Every hippo will eat 1 piece of pizza. Pizzas have 8 pieces in them. How many pizzas do you need to buy? (Don't forget a piece for yourself!)



2. Pizzas cost \$12 each. How much money will the the pizzas cost?
3. The next week, you decide to invite even more hippos to a pizza party. If you have \$96 in your piggy bank, how many hippos can you invite?
4. 27 hippos come to your birthday party. If you bake 3 cakes, how many slices will you have to cut each cake into?



Why was the math book always sad?

Because it had so many problems!



Answers

More Hippo Math 1) 10 2) 5 3) 6 4) 9 5) 6 6) 14 7) 10, 5 Tricky Problems: 1) 6 pizzas 2) \$72 3) 63 hippos 4) 9



Hippo Treats (All ages)

Hippos in the wild can eat over 100 pounds of grass each day, but the hippos in *Hippos Go Berserk!* are eating party treats. You can make hippo party treats of your own. An adult will need to take the lead, but even very young children can help with measuring and stirring.

Pink Lemonade

- 1 can frozen lemonade concentrate
- 3 cups water
- 2 cups cranberry juice

1. Thaw the lemonade concentrate.
2. Stir in the water and cranberry juice.



Yellow Finger Jello

- 2 packages unflavoured gelatin
- 1 package lemon Jello
- 2 ½ cups water

1. Dissolve the unflavoured gelatin in 1 cup of cold water.
2. Dissolve the lemon Jello in 1 cup boiling water.
3. Add the 2 mixtures together, and add ½ cup of cold water.
4. Pour the mixture into a greased 8x8 pan and chill in the fridge for 1-2 hours.
5. Cut the Jello into squares and serve





Crunchy Hippo Food

- 6 cups Rice Krispies
- 1 (250g) package marshmallows
- $\frac{1}{4}$ cup butter or margarine
- 5-10 drops green food colouring



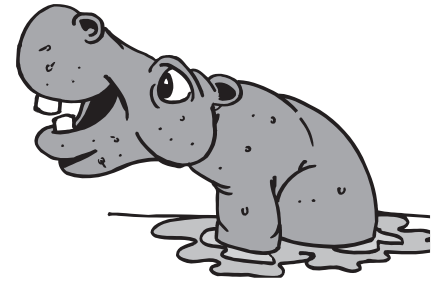
1. Melt the butter and the marshmallows over medium heat, stirring constantly.
2. Remove the mixture from the from heat when the marshmallows are completely melted. Stir in the food colouring and then the Rice Krispies.
3. Let the mixture cool slightly. Roll it into balls and let it cool completely.



All About Hippos⁸

(Ages 4 and up)

Read these hippo facts to your child. Take out a world map and show them where hippos live, put a timer on to show them how long a hippo can holds his or her breath and explain to them how much 150 pounds is. This will help your child understand more about the world, time and weight.



- Hippopotamuses live in central and southern Africa.
- A hippopotamus can hold its breath for as long as 5 minutes!
- Baby hippos are born underwater and can swim as soon as they are born.
- Hippos have webbed feet to help them swim.
- Hippos' ears, eyes and nostrils stick out of the tops of their heads, so that they can hear, see and breath while they are underwater.
- They are vegetarians, and eat mostly grass.
- Hippos can eat up to 68 kilograms (150 pounds) of grass per day!
- They are the third largest type of land creature in the world, after elephants and rhinocerouses.
- Hippos have red-coloured sweat!
- Hippos live to be about 40 years old

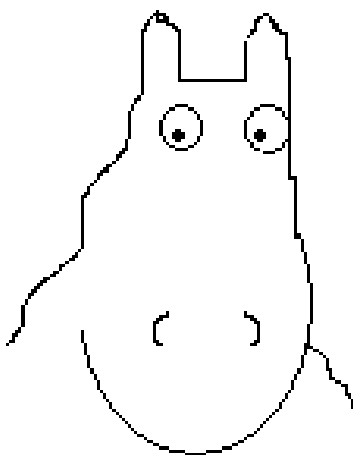
⁸ From: National Geographic Kids Creature Features. 1996-2008. National Geographic Society.
<http://kids.nationalgeographic.com/Animals/CreatureFeature/Hippopotamus>. June 24th, 2008.



Hippo Colouring

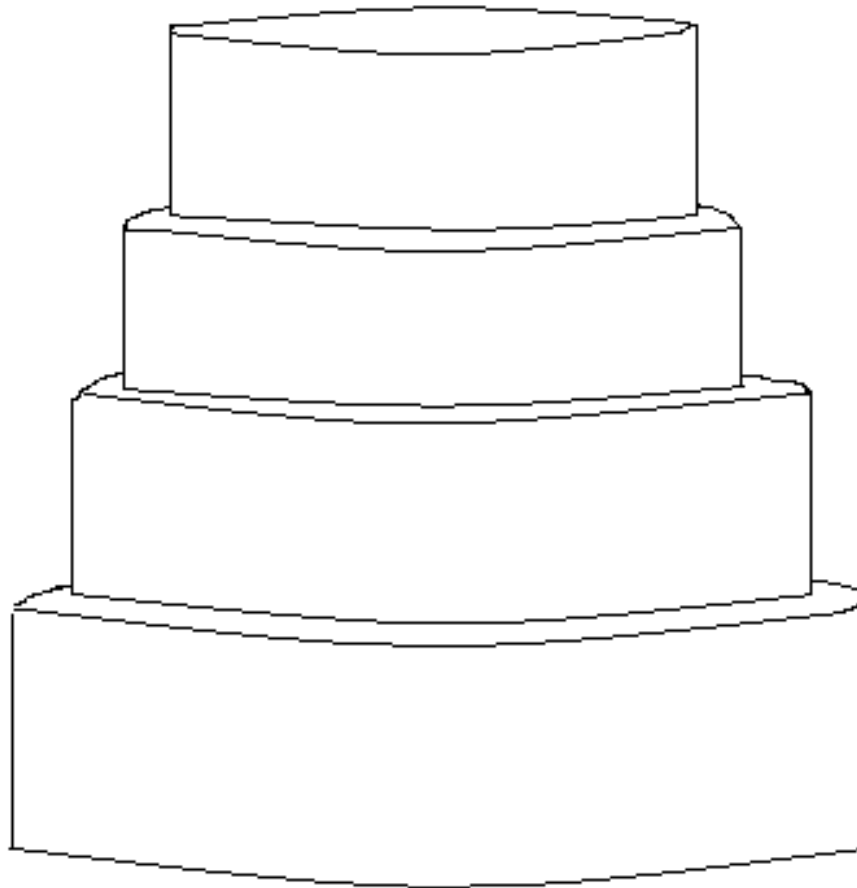
(Ages 2 and up)

This hippo has nothing to wear to a party. Draw him some fancy party clothes.





Decorate this party cake however you like. Be sure to add candles and a fancy plate for it to sit on.





More about Hippos

(All ages)

Try reading these other great books about hippos. You will be able to find many of them in your school or community library.

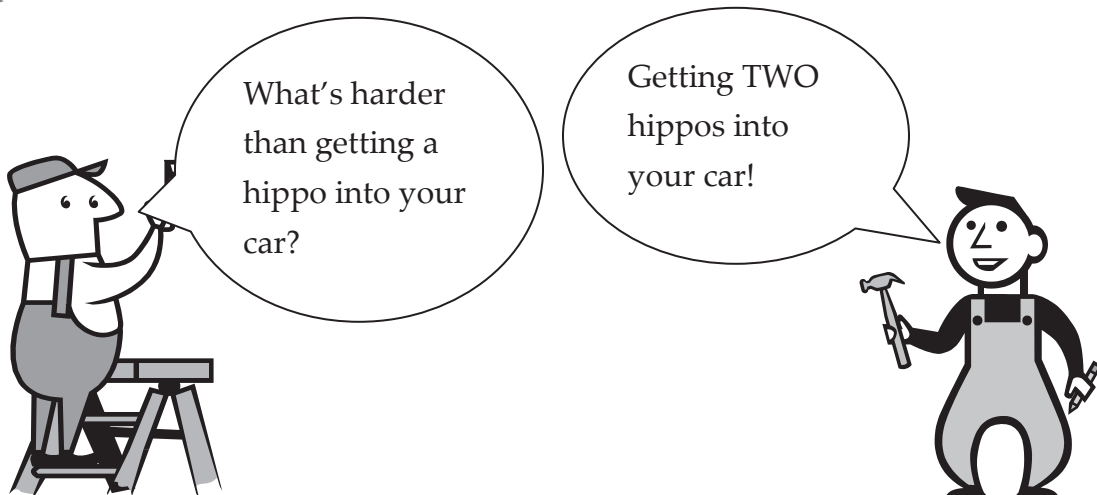
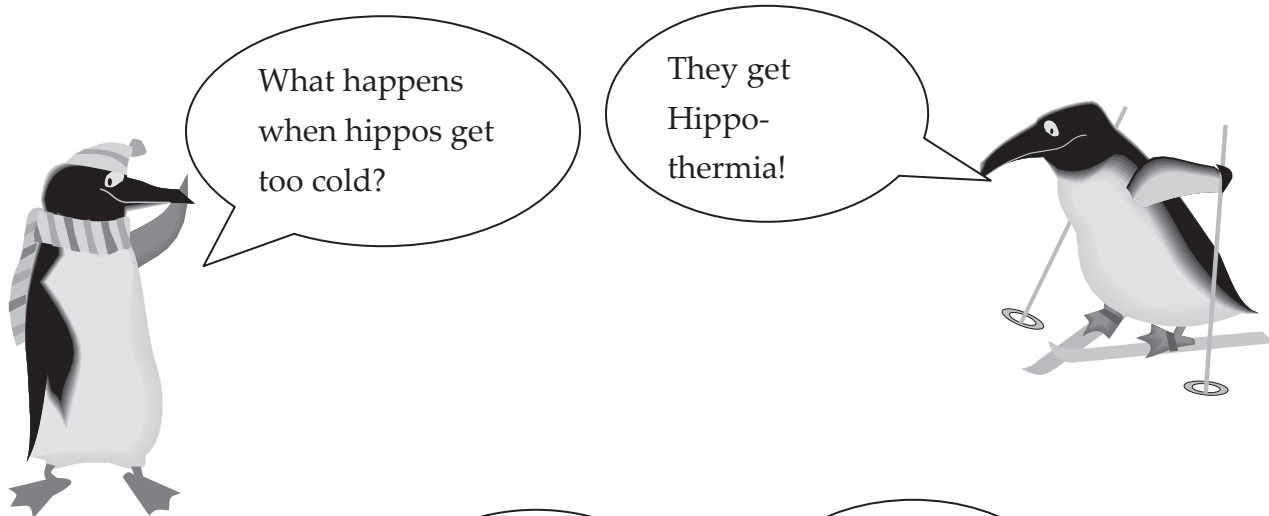
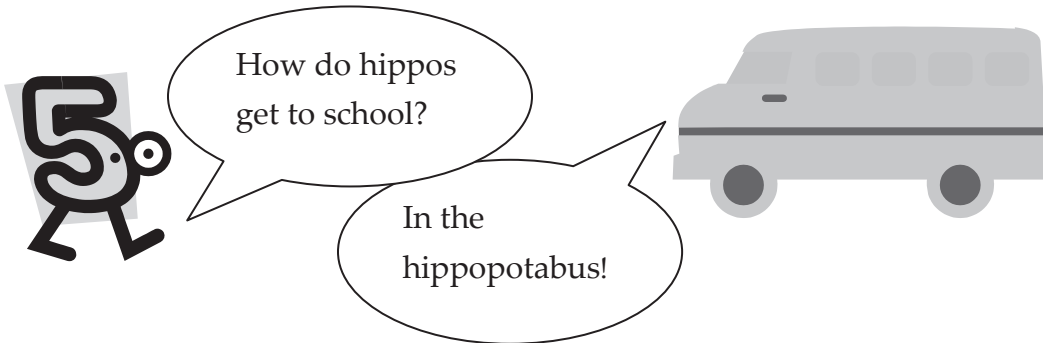
- *But What Does the Hippopotamus Say?* by Francesca Simon (Harcourt)
- *But Not the Hippopotamus!* by Sandra Boynton (Little Simon)
- *Blue Hippopotamus* by Phoebe Gilman (Scholastic Canada)
- *George and Martha* by James Marshall (Houghton Mifflin Company)
- *The Hippo-not-amus* by Tony Payne (Orchard Books)

More Counting Books

- *1 Moose, 20 Mice* by Clare Beaton (Barefoot Books)
- *How Many Bugs in a Box?* by David Carter (Simon & Schuster)
- *Anno's Counting Book* by Mitsumasa Anno (T. Crowell)
- *Five Little Ducks* by Raffi (Crown Books for Young Readers)
- *Fish Eyes: A Book You Can Count On* by Lois Ehlert (Voyageur Books)
- *One Duck Stuck: A Mucky Ducky Counting Book* by Phyllis Root (Candlewick Books)



Hippo Jokes (Ages 5 and up)





Make a Juice Can Phone

(Ages 2 and up)

When one hippo gets bored, he calls his friends on the phone. You can make your own phone to talk to your friends.

You will need:

- 2 empty juice cans or tin cans
- String (at least 3-4 metres)
- Hammer
- 1 large nail



1. (Adult) If you are using tin cans, stick some masking tape around the sharp can rim.
2. (Adult) Make a hole in the bottom of the juice cans with the hammer and nail.
3. Pull the string through the hole and into the can. Knot it.
4. Do the same with the other can and the other end of the string.
5. Stretch the string tightly between two people. Talk quietly into the phone.
6. Try whispering, humming and singing into the phone.



Matching (Ages 4 and up)

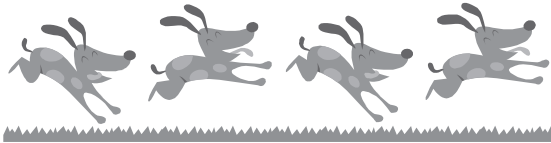
Draw a line from each number to the matching picture and then to the word.

1



One

3



Seven

7



Two

2



Eight

8



Five

4



Nine

5



Three

6



Six

9



Four



Counting Game – Elimination

(Ages 4 and up)

This is a good game to play with 5-10 children who can already count to 10. Have them sit in a circle. The first person says “one,” the next person says “two” and so on. The person who says “ten” is out. Start again at one and continue until there is only one person left. You can also try counting by twos, fives and tens.



For older children or adults, add an element of strategy. Each person can choose to say one number or two numbers during a turn. For example, the first person might choose to say “one, two,” or just “one.”

More Ideas

- The next time you go for a walk or are driving in the car, ask your child to count a specific object. For example, she could count all the red cars, all the cats or all the stop signs.
- Many simple board and card games, such as Snakes and Ladders, Sorry and Go Fish, involve numbers and counting. Set aside some time to play one of these games as a family.



Rhymes

(All ages)

Five Little Hippos

Five Little Hippos running through a door
One fell down and then there were four
Four little hippos in the apple tree
One fell out and then there were three
Three little hippos stirring up some stew
One fell in and then there were two
Two little hippos having lots of fun
One ran away and then there was one
One little hippo sitting in the sun
He went home and then there were none



I Can't Spell Hippopotamus

I can spell 'cat,' C - A - T
I can spell 'rat,' R - A - T
I can spell 'hat,' H - A - T
But I can't spell hippopotamus



1, 2, Buckle My Shoe

1, 2, buckle my shoe
3, 4, shut the door
5, 6, pick up sticks
7, 8, lay them straight
9, 10, a big fat hen!
11, 12, dig and delve
13, 14, maids a courting
15, 16, maids in the kitchen
17, 18, maids in waiting
19, 20, my plate's empty

Five Little Monkeys

Five little monkeys jumping on the bed
One fell off and bumped his head
Mama called the doctor and the doctor said
"No more monkeys jumping on the bed!"



Four little monkeys jumping on the bed
One fell off and bumped his head
Mama called the doctor and the doctor said
"No more monkeys jumping on the bed!"

Three little monkeys jumping on the bed
One fell off and bumped his head
Mama called the doctor and the doctor said
"No more monkeys jumping on the bed!"

Two little monkeys jumping on the bed



One fell off and bumped his head
Mama called the doctor and the doctor said
“No more monkeys jumping on the bed!”

One little monkey jumping on the bed
One fell off and bumped his head
Mama called the doctor and the doctor said
“Put those monkeys straight to bed!”

Five Green and Speckled Frogs



Five green and speckled frogs
Sat on a speckled log
Eating the most delicious bugs
Yum, yum!



One jumped into the pool
Where it was nice and cool
Then there were four green speckled frogs

Four green and speckled frogs
Sat on a speckled log
Eating the most delicious bugs
Yum, yum!

One jumped into the pool
Where it was nice and cool
Then there were three green speckled frogs

Three green and speckled frogs
Sat on a speckled log
Eating the most delicious bugs



Yum, yum!
One jumped into the pool
Where it was nice and cool
Then there were two green speckled frogs

Two green and speckled frogs
Sat on a speckled log
Eating the most delicious bugs
Yum, yum!
One jumped into the pool
Where it was nice and cool
Then there was one green speckled frog

One green and speckled frog
Sat on a speckled log
Eating the most delicious bugs
Yum, yum!
He jumped into the pool
Where it was nice and cool
Then there were no green speckled frogs



Four Little Ducks

Four little ducks went out to play
Over the hills and far away
Mother duck said, "quack quack quack quack"
But only three little ducks came back

Three little ducks went out to play
Over the hills and far away
Mother duck said, "quack quack quack quack"
But only two little ducks came back

Two little ducks went out to play
Over the hills and far away
Mother duck said, "quack quack quack quack"
But only one little duck came back

One little ducks went out to play
Over the hills and far away
Mother duck said, "quack quack quack quack"
But no little ducks came back

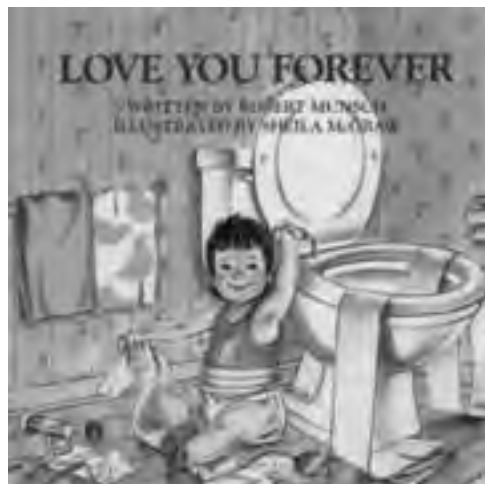
No little ducks went out to play
Over the hills and far away
Mother duck said, "quack quack quack quack"
And all four ducks came back





Love You Forever

By Robert Munsch



What You Will Need for This Session

- A copy of *Love You Forever* for each family in the program
- Journals for parents
- Copies of the Self-Esteem Bingo handout
- Prizes for bingo game
- Copies of self-esteem handouts: Why is Self-Esteem Important for Learning, Ways to Build Self-Esteem in Our Children, What Children Need, Ways to Praise Your Child
- Copies of the Literacy Action Plan handout
- Craft materials—crayons, glue, scissors, paper, etc.
- Activities in this kit
 - Family Word Search
 - Rhyming Words
 - The Letter L
 - Family Flashcards
 - Paper Family Tree
 - Memory Box
 - Family Literacy Activity Calendar
 - Poems and Songs about Love



Session Overview

1. Introductions

- Review the group agreements.
- Warm-up activity — Self-Esteem Bingo

2. Group Discussion

- Review what happened during the week:
 - What literacy activities did parents do at home with their children?
 - What worked well? Did anything not go well?
 - Did they follow the Literacy Action Plan?
- Talk about the adult discussion topic – Building Self-Esteem

3. *Love You Forever* by Robert Munsch

- Introduce the book.
- Read the book together. Ask for volunteers to read parts of the story.
- Discuss the story. Think of activities related to the book that families can do at home.
- Hand out the activity sheets. Go over them and make sure that parents understand the activities.
- Make an activity related to the story that families can use at home.

4. Adult Writing

- Ask parents to fill in the Literacy Action Plan for the next week.
- Ask parents to write down one thing they learned this week in their journals. If they feel comfortable, they can share with the group.



- *Northern Writes* and *More Northern Writes* are good sources for other adult writing activities. They are available for download from the NWT Literacy Council website (www.nwt.literacy.ca).

5. Story Time

- Have the children come back from their reading circle to read with their parents.
- Read a different book together (try a different Robert Munsch book).
- Sing some songs or play a circle game together.

6. Snack

- Serve a healthy snack.
- Leave a bit of time for parents and children to socialize.

Snack of the Week – Pin Wheels

You will need whole grain tortillas, lean meat and cheese. Choose your preference of meats, cheeses and lettuce. To assemble, layer the meat, cheese and lettuce. To help the pin wheel stay assembled, spread with a low fat cream cheese. Roll up from end to end. Cut into a half-inch slice and serve with a small bowl of honey mustard for dipping (kids love to dip!). If necessary, skewer with toothpicks to keep together.



Warm-up Activity – Self-Esteem Bingo

Brainstorm with parents 16 different words or phrases that are related to self-esteem. Ask parents to write down the words or phrases on the bingo sheet in random order.

Examples: pride, accomplishment, happy, high self-esteem, feeling good

Give a prize to the winner!





Self Esteem Bingo



Adult Discussion Topic – Why is Self-Esteem Important for Learning?

Studies show that bright children who think poorly of themselves may do poorly in school, but average children who believe in themselves can do really well.



Good self-esteem has a positive effect on just about every part of a child's life, including:

- How they get along with others.
- How they handle school and studying.
- How they deal with pressure and stress.
- Just about everything they do as children, adolescents and adults.

So why is self-esteem important to learning?

Children who have high self-esteem are:

- Willing to try tough learning assignments.
- Willing to try something new.
- Likely to keep on trying, even if they don't get the answer right the first time.

High self-esteem helps children in other ways as well. Kids with high self-esteem:

- Are happier.
- Have more friends.
- More accepted by others.



Ways to Build Self-Esteem in Our Children

The way we deal with our children can have a big impact on how they feel about themselves.

Instead of...	Try this...
Giving your child a lecture	<ul style="list-style-type: none">• Ask for information and have your child tell you what he or she is thinking.
Telling your child how “wrong” she is	<ul style="list-style-type: none">• Ask your child to explain what she or he is thinking or feeling.• Children will talk more freely if they don’t feel like they are being judged.
Nagging at your child	<ul style="list-style-type: none">• Try using a joke or humour instead.• We usually don’t realize that we are nagging. Instead of nagging, try turning a chore into a competition or game.
Dealing with your child when you are really angry	<ul style="list-style-type: none">• Wait until you are both calmer to talk about a problem.• Being angry or upset makes it hard to communicate.• Let the anger go away before you talk about the problem.
Telling your child what she is doing wrong	<ul style="list-style-type: none">• Catching your child doing something good.



What Children Need

Love

- To feel they belong
- To feel special and loved
- To be raised with care – and lots of hugs
- To have love no matter what

Respect

- Freedom to be themselves
- For someone to listen and guide them
- To learn about their culture
- To feel their ideas have value

To be Accepted

- To have their feelings respected
- For people to say they are smart
- Praise for trying to learn
- Help and support

Success

- To have fun
- To have some control of their own life
- The chance to finish things
- The chance to be part of things
- Lots of praise

To Feel Safe

- A safe body and feelings
- To be safe from abuse
- Respect for private feelings and things
- For promises to be kept
- Food that is good for them







Ways to Praise Your Child

Wow	Hot dog	Beautiful
Way to go	Remarkable job	Fantastic
You're special	You're beautiful	You're on target
Outstanding	You're a winner	You're on your way
Excellent	You make me happy	How nice
Great	Hip, hip hooray	You're spectacular
Good	You're important	You're darling
Neat	Magnificent	Super
Well done	You're precious	Super job
Remarkable	Fantastic job	Beautiful work
I knew you could do it	You've discovered	Good for you
I'm proud of you	the secret	Nothing can stop you
Super star	Bingo	now
Nice work	Great discovery	Dynamite
Looking good	You are responsible	You're fantastic
How smart	You are exciting	Awesome
Good job	You are fun	What a good listener
That's incredible	You're a real trooper	You're a treasure
Bravo	Marvelous	You mean a lot to me
Beautiful	Terrific	You're a good friend
I like you	You're growing up	That's correct
I respect you	Outstanding	A big hug
You're sensational	performance	What an imagination
Phenomenal	You tried hard	You learned it right
A+ job	You figured it out	You're incredible

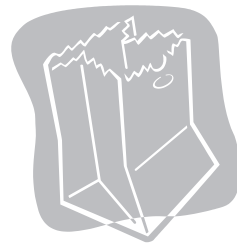


Self-Esteem Activities to Do at Home with Your Children

- Play the game “**I know something that you’re good at.**” Say to your child “I know something that you’re good at,” and have them guess what that may be. If they guess wrong you say “You are very good at that but I was thinking of something different.” Do that until they guess the right thing.
- Write a letter or postcard to your child telling them how special they are to you. It is always so exciting to get mail! 
- Each week have one of your children be **the PAL of the week**. Draw their outline on a big piece of paper and then put it up on the wall. You could put their picture on the wall with a blank sheet beside it too. Write down compliments about them throughout the week. At the end of the week review the compliments. Do it for each of your children!
- Play “**spin the bottle**” with a self-esteem theme. Have your family or friends sit in a circle with a bottle in the middle. Have one person spin the bottle. When it lands on someone the spinner must tell them a compliment. 
- Make a collage of all your strengths and goals. Cut out magazine pictures or draw pictures of all your strengths and/or goals. This is a great family activity that will boost self-esteem.



- Make up **Self-Esteem Bags**. Each member of your family decorates a paper bag or envelope with all the things that make them feel good. Tape the bags on the wall and have each family members write compliments for each person in the family. At the end of the week sit down together and share your compliments with one another.





Literacy Action Plan

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

Read for 15 minutes with your child.

Sunday

Read for 15 minutes with your child.





About the Author⁹



Robert Munsch was born in Pittsburgh, Pennsylvania in 1945 and is one of 9 children. He struggled through elementary school, failing several grades. After completing high school, he decided to become a Jesuit priest. While studying to become a priest, he worked at an orphanage and discovered that he liked working with children. He quit the priesthood and began working in a daycare.

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- *Aaron's Hair*
- *The Fire Station*
- *I Have to Go*
- *Show and Tell*
- *Purple, Green and Yellow*
- *A Promise is a Promise*
- *Pigs*
- *More Pies*
- *No Clean Clothes*
- *Murmel, Murmel, Murmel*
- *Just One Goal*
- *The Dark*
- *Angela's Airplane*



Family Word Search

(Ages 8 and up)

r e h t o r b b r y g
y r e h t o m e a r z
l e l n n o h t a w r
i t c b i t z n w e g
m s n y a s d a u n t
a i u f n p u w e f e
f s w n a m t o r o w
u i c r t p r l c x p
t g e n d c e b s x u
u n c l r m z f e m a
t w q r v t o h c y t



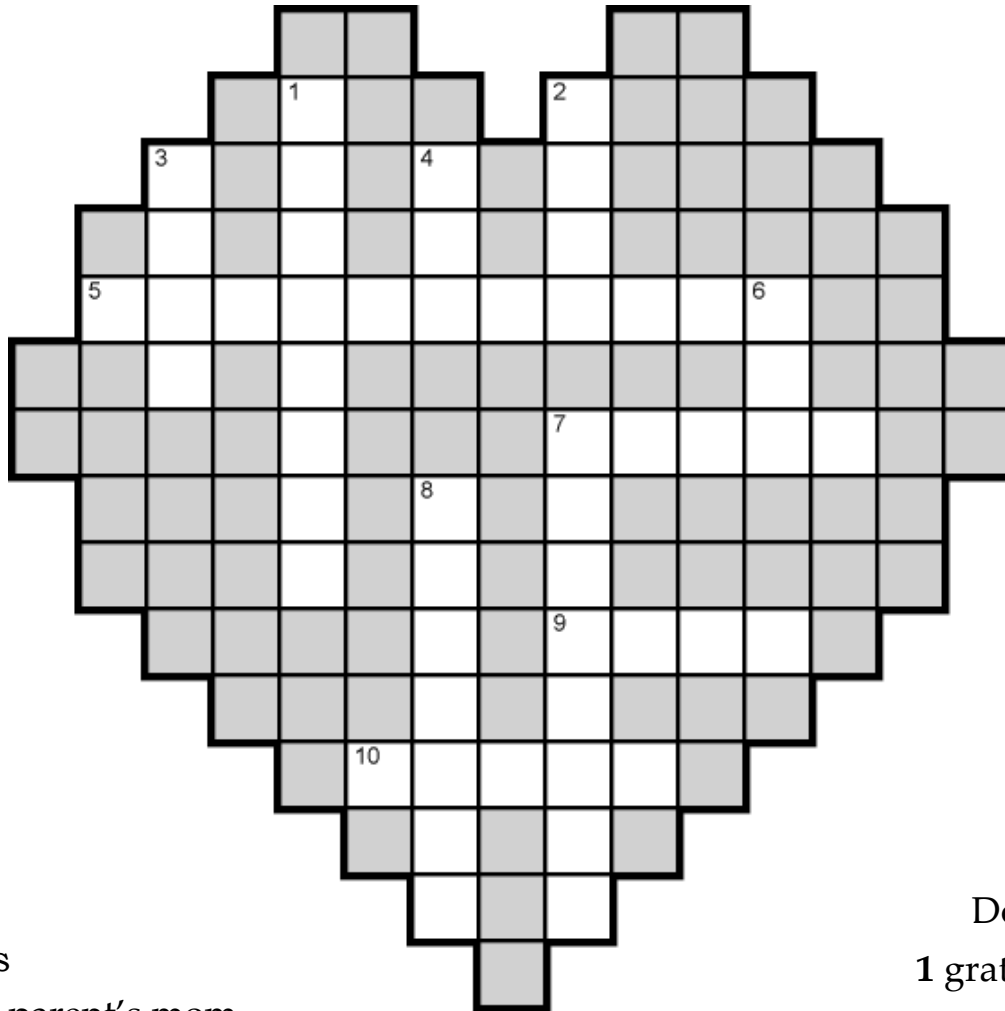
aunt
brother
cousin
family
father

grandparent
mother
sister
uncle



Love You Forever Crossword Puzzle

(Ages 8 and up)



Across

5 your parent's mom

7 sweet treats

9 I _____ you, Mom

10 young at _____.

Down

1 grateful

2 present

3 send a greeting _____ to a friend.

4 opposite of Dad

6 color of hearts

7 kids

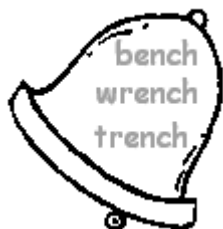
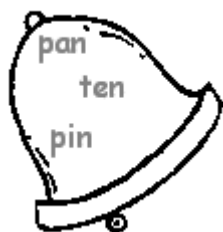
8 plants with blossoms



Rhyming

(Ages 7 and up)

Colour in each bell that has 3 rhyming words in it.





More Rhyming Words

(Ages 7 and up)

Draw a line to the words that rhyme. Rhyming words sound the same, like cat and hat.

love

too

sang

told

forever

glove

old

fang

you

never

grew

fight

asleep

zoo

night

peep



Word Poems

(Ages 7 and up)

Come up with words for each letter of the title.

Love

O _____

V _____

E _____

Y _____

O _____

U _____

F _____

O _____

R _____

E _____

V _____

E _____

R _____

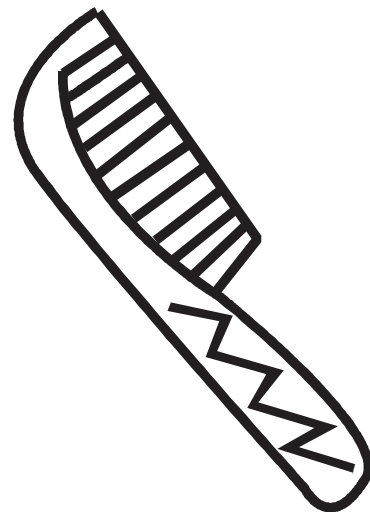
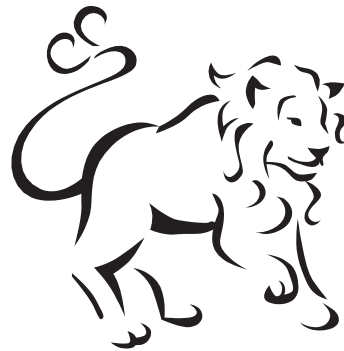
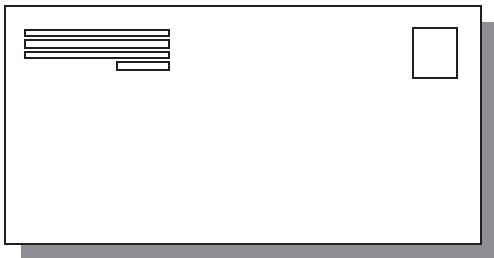
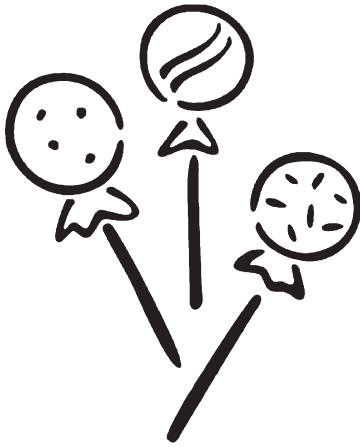




The Letter L

(Ages 5 and up)

Find all the words that begin with the letter L and colour them.





Family Flashcards

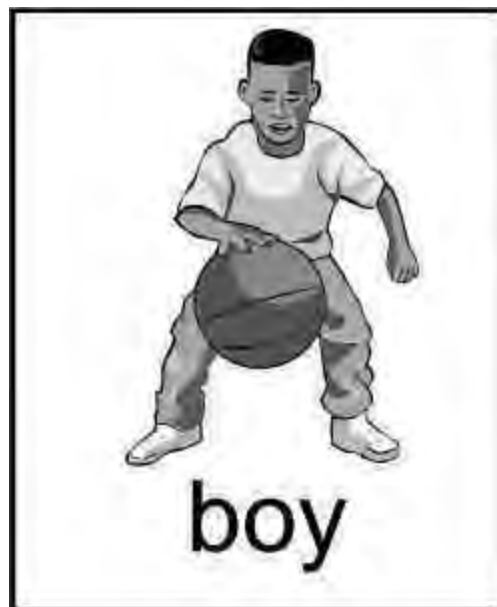
(Ages 2 and up)

Directions:

1. Cut out the flashcards.
2. Glue them onto cardstock or cardboard.
3. Laminate the flashcards with packing tape.
4. Use them to teach your children words that are related to family.
5. Have them draw their own pictures with their names.
6. Make them into flash cards.
7. You can also print pictures of your own family.









Make a Family Tree

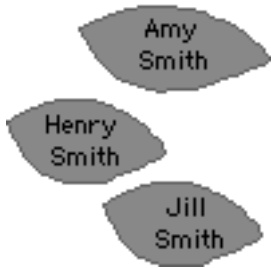
(Ages 5 and up)

You will need:

- Sky blue and green construction paper
- Crayons, tempera paint, or markers
- Scissors
- Glue stick



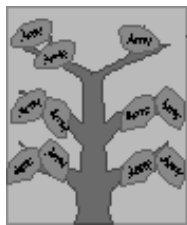
Draw a large tree with many branches.



Cut out leaves from the green construction paper.

Each leaf will represent a person in the child's family and should be big enough to write that person's name on the leaf. Cut enough leaves for each of the child's siblings, parents, and grandparents (or more!).

Write the name of each person on their leaf. You might want to include the relative's relationship to the child, like "Grandma Joan Smith."



← The child and siblings

← The child's parents

← The child's grandparents

Glue the leaves to the tree. Put the child's generation at the top of the tree, the parents at the second level, and the grandparents at the bottom.



Memory Box

(Ages 3 and up)

- A small box of some type (could use a shoe box or wooden box)
- Mementos (like awards, ribbons, a paper handprint, photos, drawings, playbills, ticket stubs, pressed flowers, clippings, hand-written poems, scraps of fabric, trinkets, etc.)
- Glue
- Paint, permanent markers, old magazines and/or glitter



1. Decorate the outside of the box with paint, markers, pictures cut from old magazines or glitter.



2. Fill the box with mementos.





Family Activity Calendar

1. Find a calendar. You can usually find a free calendar. Often businesses make calendars and then give them away. You can also make a calendar by using one of the websites below:
 - About.Com: Family Crafts:
<http://www.timeanddate.com/calendar/monthly.html>
 - My Free Calendar Maker:
<http://www.myfreecalendarmaker.com>
2. With your family fill in:
 - All the dates for the year.
 - All the special dates like birthdays and anniversaries for family members, extended family members, friends.
 - All the holidays. Look on another calendar for all the holidays.
3. Each month fill in the family literacy activities you are going to do. Pick dates for your activities and make sure you follow through. Some examples of activities are:
 - Family games night
 - Camping
 - Out on the land activities
 - Storytelling night
 - Pizza night
 - Charades
 - Making books
 - Making photo albums
 - Cooking or baking together
 - Playing softball or road hockey
 - Special dinner nights



- T.V. free nights
 - Music night
 - Singing and dancing
 - Book club – everyone reads the same book and then you have a fun evening of discussion, food and laughter
 - Discussion nights about different topics – communication, self-esteem, values, traditions etc.
4. Put your calendar up on the wall or fridge where everyone can see it!



Poems and Songs About Love

(All ages)

Love You Forever

I'll love you forever
I'll like you for always
As long as I'm living
my baby you'll be

Tickle, Tickle

Tickle, tickle
On the knee
If you laugh
You don't love me

Lullaby for Night Time

Mommy loves Maria, and Daddy too
Josh loves Maria, and Matthew too
Nana loves Maria, and Grandpa too
We all love Maria yes we do

(substitute your child's name in and brother and sisters, etc.)



Skinamarink a-dinky dink

Skinamarink a-dinky dink

Skinamarink e-doo

I love you

Skinamarink a-dinky dink

Skinamarink e-doo

I love you

I love you in the morning
and in the afternoon

I love you in the evening
underneath the moon

Skinamarink a-dinky dink

Skinamarink e-doo

I love you





The Paper Bag Princess

By Robert Munsch



What You Will Need for This Session

- A copy of *The Paper Bag Princess* for each family in the program.
- Journals for parents
- Copies of the Helping Your Child Get Ready to Write handout
- Copies of the Literacy Action Plan handout
- Craft materials—crayons, glue, scissors, paper, etc.
- Activities in this kit:
 - Make a Prince or Princess Crown
 - Make a Paper Bag Prince or Princess Costume
 - Forest Fires
 - Pop Cones Activity
 - Fire Safety Tips
 - More about Dragons
 - More about Princesses
 - Drawing and Colouring
 - Put the Story in Order
 - Meatballs
 - Make Your Own Dragon
 - Matching
 - Dragon Rhymes and Songs



Session Overview

1. Introductions

- Review the group agreements.
- Warm-up Activity – Have You Ever

2. Group Discussion

- Review what happened during the week:
 - What literacy activities did parents do at home with their children?
 - What worked well? Did anything not go well?
 - Did they follow the Literacy Action Plan?
- Talk about the adult discussion topic. Read the handout called Helping Your Child Get Ready to Write.
 - Do parents already do some of these things at home?
 - What other ways can they think of to prepare children for writing? Have them write some ideas down in their journals, and share with the group if they are willing.

3. *The Paper Bag Princess* by Robert Munsch.

- Introduce the book.
- Read the book together. Ask for volunteers to read parts of the story.
- Discuss the story. Think of activities related to the book that families can do at home.
- Hand out the activity sheets. Go over them and make sure that parents understand the activities.
- Make an activity related to the story that families can use at home.



4. Adult Writing

- Ask parents to fill in the Literacy Action Plan for the next week.
- Ask parents to write down one thing they learned this week in their journals. If they feel comfortable, they can share with the group.
- *Northern Writes* and *More Northern Writes* are good sources for other adult writing activities. They are available for download at www.nwt.literacy.ca or in paper form from the NWT Literacy Council.

5. Story/Activity Time

- Have the children come back from their reading circle to read with their parents.
- Read another story together or try making one of the crafts in this kit.

6. Snack Time.

- Serve a healthy snack.
- Leave a bit of time for parents and children to socialize.

Snack of the Week – Meatballs

Use the recipe in this kit to make meatballs. You could also serve some spaghetti too! It might be a great time to invite families to come for dinner.



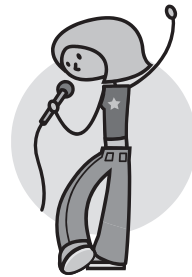
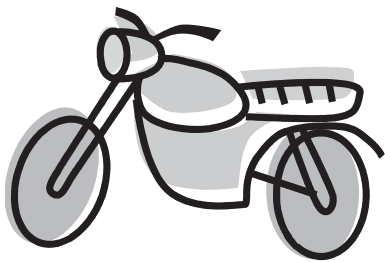


Warm-up Activity – Have You Ever?

This activity is a good way to find out more about the others in your group.

Before the session, make a list of “Have you ever...” questions. You will need between 15 and 20 questions. Here are some examples:

- Have you ever gone skinny dipping?
- Have you ever ridden a motorcycle?
- Have you ever visited a different country?
- Have you ever sung karaoke?
- Have you ever seen a polar bear in the wild?
- Have you ever ridden a roller coaster?
- Have you ever made a speech to a large group of people?

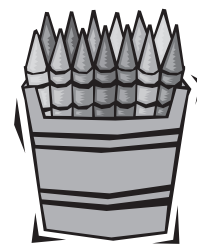


Ask everyone to form a circle. When you read out a question, everyone who can answer “yes” runs into the centre of the circle and gives the others in the centre a high five. You may be surprised at what you find out about people in your program!



Adult Discussion Topic – Helping Your Child Get Ready to Write

Scribbling, drawing, painting and colouring help children to develop the fine motor skills and hand-eye coordination for writing. Provide paper and markers or crayons that are easy for small hands to hold.



Label drawings and other artwork. Children often draw many pictures of familiar things, like family members, pets and household objects. You can help your child to label these objects, and soon she will be able to do it by herself. For more complicated drawings, ask your child to describe what is happening in her drawings, and write a few lines about it underneath.

Children sometimes pretend to write by scribbling or writing random letters. This shows that they know writing is a way of communicating. Ask them to “read” what they write back to you.

Practice the alphabet. Knowing the alphabet and the sounds of the letters is an important first step towards reading and writing. You can start by learning the alphabet song or reading alphabet books such as *Chicka Chicka Boom Boom*.

Show your child how to write his name. Children can learn to write their names when they are quite young; it’s often the first thing they learn to write. They love to be able to sign their artwork.

Model writing. Seeing you write lets your child know that writing is important. Let her see you write shopping lists, letters, cheques, birthday cards etc.



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About the Author¹⁰



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- *More Pies*
- *No Clean Clothes*
- *Murmel, Murmel, Murmel*
- *Just One Goal*
- *The Dark*
- *Angela's Airplane*



More Books about Dragons

Here are some other books about dragons. Many will be available at your school or community library.

Dragon Slippers by Jessica Day George.

Dragons Don't Throw Snowballs by Debbie Deady and Martha Thornton Jones.

If I Had a Dragon by Amanda and Tom Ellery.

Princess Daisy and the Dazzling Dragon by Vivian French.

There's No Such Thing as a Dragon by Jack Kent.

Dragon Tide by Ingrid Lee.

Dragon Egg by Mallory Loehr.

The Dragon's Child by Jenny Nimmo.

A Practical Guide to Dragons by Sindri Suncatcher.

More Princess Stories

Here are some more picture books about princesses. You will also be able to find more stories about princesses (and princes) in fairy tale books.

Princess Wishes by Carol Barton.

Princess Grace by Mary Hoffman.

Princess Baby by Karen Katz.

The Prince Won't Go to Bed! by Dayle Ann Dodds.

Ballerina Princess by Melissa Lagonegro.

Princess Pigsty by Cornelia Funke

The Princess and the Wizard by Lydia Monks.

Princess Ellie's Starlight Adventure by Diana Kimpton.

Cinderella by Megan E. Bryant.

The Princess and the Pea by Lauren Child and Polly Borland.



Make a Prince or Princess Crown

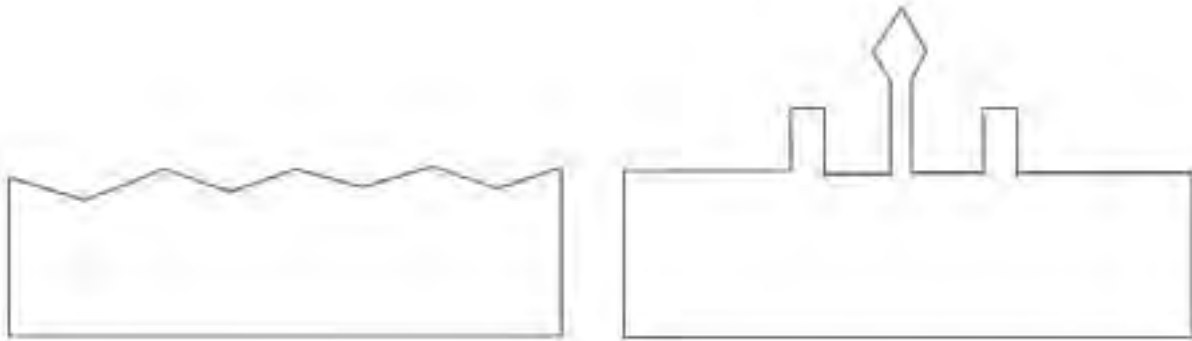
(Ages 2 and up)

You will need:

- 1 sheet of thin cardboard (Not corrugated. An empty cereal box works well)
- Pencil
- Tin foil
- Scotch tape
- Coloured paper
- Decorations: craft jewels, stick-on earrings, pompoms, ribbon, etc.



1. Wrap the cardboard around your child's head, making a pencil mark to show what size your crown should be. Cut the cardboard to that length.
2. Cut a crown shape out of the cardboard. Here are some examples of what your crown might look like:

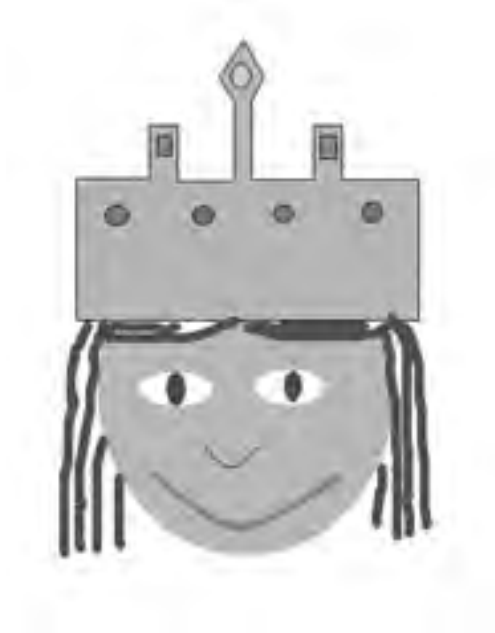


3. Cover the crown in a layer of tinfoil (an adult will need to help younger children).



The Paper Bag Princess

4. Bend the crown into a circle and tape it at the back.
5. Decorate your crown however you like. If you can't find the decorations listed above, cut jewel shapes out of coloured paper instead.





Make a Paper Bag Prince or Princess Costume

(All ages)

This is a very easy costume to make.

You will need:

- A large paper grocery bag
 - Scissors
1. Cut a hole in the bottom of the paper bag that is big enough for your child's head.
 2. Cut two armholes in the sides.
 3. You may want to use scissors to cut a jagged bottom edge, or use crayons to add some scorch marks.





Forest Fires

(Ages 5 and up)

In *The Paper Bag Princess*, the dragon burns 150 forests with his fiery breath. There are many forest fires in the NWT every summer. Here are some interesting facts about forest fires:

- There are about 8000 forest fires in Canada every year.
- About 45% of all forest fires in Canada are started by lightning. The rest are started by people.
- 80% of the area burned by forest fires is burned by lightning fires.
- Forest fires are actually good for the forest. They help clear away old trees and open pine cones. Pine cones are full of seeds that grow new pine trees. Without forest fires, new trees would not be able to grow.
- The leading edge of a forest fire can move as fast as 100 metres every minute.





Activity – Pop Cones¹¹

(Ages 7 and up with supervision)

This activity shows what happens to pine cones during a forest fire.

You will need:

- Closed jackpine or lodgepole pine cones (spruce cones will work, but are not as dramatic)
- A heavy frying pan
- A stovetop or campfire



1. Look carefully at the closed cones. Explain that the seeds are inside the cones. Notice that the cones are covered in resin.
2. Place the pinecones in the frying pan over medium-high heat. Watch them carefully. In about 5-10 minutes, the resin will start to melt and the cones will open. This is what happens during a forest fire.
3. Let the cones cool down. Shake out the seeds.
4. You can try planting the seeds outside or in a pot of dirt.

¹¹ From: NWT's *Focus on Forests: An Activity Guide for Kindergarten to Grade 6 Teachers on Forests and Forest Management*. Department of Environment and Natural Resources, Government of the Northwest Territories.



Fire Safety Tips

(Ages 5 and up)

Parents should talk about fire safety with their children before they go camping or picnicking. Here are some fire safety rules:

- Only light fires for cooking and warming up. In the NWT, it is illegal to light fires for other reasons without a permit.



- In hot, dry weather, don't light a fire unless you really need one.
- Never leave a fire unattended.
- Choose the right spot to make a fire. An open rock outcrop or beach is best. Stay away from tall grass and overhanging branches.
- Use a fire pit that is already built, if you can. If you can't, build a fire pit out of rocks.
- Do not remove coals or burning sticks from the fire pit.
- Make sure your fire is out completely before you leave a campsite. Cover it with water, snow or sand. Make sure the coals are cool enough to touch.



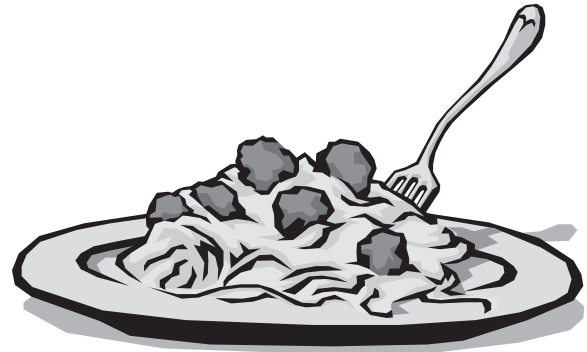
Meatballs

(Ages 2 and up)

After burning 150 forests with his fiery breath, the dragon doesn't have enough fire left to cook a meatball. Luckily, these are made in the oven.

You will need:

- 1 pound lean ground beef
- 1 egg
- 2 tablespoons water
- 1/2 cup bread crumbs
- 1/4 cup minced onion
- 1/2 teaspoon salt
- 1/8 teaspoon pepper



An adult should chop the onion and take things in and out of the oven, but kids will love to help with mixing and shaping the meatballs. It is very important to wash your hands, dishes, and countertop after cooking with ground beef.

1. Preheat oven to 350 degrees.
2. In a large bowl combine the egg, water, bread crumbs, onion, salt and pepper. Add the ground beef and mix everything together with your hands.
3. Shape the mixture into meatballs and place them into a baking dish.
4. Bake at 350 degrees for 25-30 minutes. Make sure the meatballs are no longer pink in the centre.
5. Eat the meatballs as they are, or put them into your favourite spaghetti sauce.



Drawing and Colouring

(All ages)

Elizabeth will have to build a new castle to replace the one the dragon burned down. What will it look like?



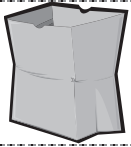


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(Ages 7 and up)

The dragon flies around the world in just 10 seconds.



The dragon falls asleep.



Elizabeth goes to the dragon's cave.



The dragon burns up 100 forests with his fiery breath.



Ronald tells Elizabeth to come back when she looks like a real princess.

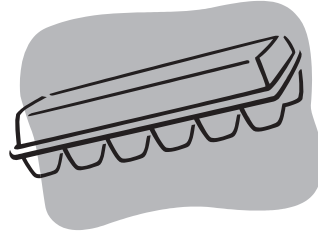


Make Your Own Dragon

(Ages 3 and up)

You will need:

- 1 cardboard egg carton
- Scissors
- Markers
- Pipe cleaner
- 2 googly eyes
- White glue
- Tape
- Paint (optional)



1. Cut the lid off the egg carton (you will not need it for this project).
2. Cut the bottom of the egg carton in half the long way, so that you have 2 strips of 6 egg cups. Set one strip aside. This will be the body of your dragon.
3. Cut one egg cup out of the 2nd strip. This will be the head.
4. Use paint or markers to colour the egg cups.
5. Glue the googly eyes in place.
6. Make a small hole in the bottom of the head using scissors. Make another in the body. Attach the head and body together using the pipe cleaner.



7. You can decorate your dragon any way you like. Try making spines or a tail out of construction paper. You could even have your dragon breathe fire made out of orange tissue paper.





Matching

(Ages 6 and up)

Match the words from the story with their pictures.

Princess



Bag



Dragon



Castle



Forest



Fire





Paper Bag Puppets

(Ages 2 and up)

Clothes aren't the only things you can make with a paper bag. Try making a puppet.

You will need:

- A paper lunch bag
- Markers or crayons
- Decorations (googly eyes, yarn, pom poms...)
- Construction paper or fabric scraps
- Glue
- Scissors



1. Draw a face on the flat bottom of the paper bag.
The fold will form the mouth.

Draw the
face here.



This will be the
mouth.

2. Make a face for your puppet. For example, add yarn for hair or make a tongue out of construction paper. Be creative!
3. Cut clothes out of fabric scraps or coloured paper.
4. Stick your hand into the paper bag and make your puppet come to life.



Dragons Rhymes and Songs

(All ages)

All Around the Castle (tune of Pop Goes the Weasel)

All around the castle the knight chased the dragon
The dragon thought it was all in fun
"Roarrrrr" went the dragon!

Fly Dragon, Fly (to the tune of Skip To My Lou)

Fly fly dragon fly
Fly fly dragon fly
Fly fly dragon fly
Way up in the sky.
Hop hop dragon hop
Hop hop dragon hop
Hop hop dragon hop
Dragon, dragon stop!

Five Green Dragons

Five green dragons making such a roar
One danced away and then there were four
Four green dragons dancing around a tree
One danced away and then there were three
Three green dragons dancing around you
One danced away and then there were two
Two green dragons dancing in the sun
One danced away and then there was one
One green dragon having lots of fun
She danced away and then there were none



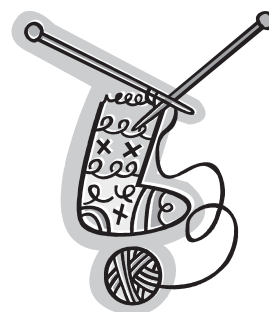
Smelly Socks

By Robert Munsch



What You Will Need for This Session

- A copy of *Smelly Socks* for each family in the program
- Journals for parents
- Copies of the Forty Below Activities handout
- Copies of the Literacy Action Plan handout
- Craft materials—crayons, glue, scissors, paper, etc.
- Activities in this kit:
 - Smells
 - More Smell Experiments
 - Put the Story in Order
 - Colour Tina's Socks
 - Homemade Bubbles
 - I Spy
 - Snowman Sock Craft
 - Colouring
 - Skunk Craft
 - Matching
 - Rhymes





Session Overview

1. Introductions

- Review the group agreements.
- Do the Warm-up activity – Guess Who

2. Adult Discussion

- Review what happened during the week:
 - What literacy activities did parents do at home with their children?
 - What worked well? Did anything not go well?
 - Did they follow the Literacy Action Plan?
- Talk about the adult discussion topic – Forty Below Activities

3. *Smelly Socks* by Robert Munsch

- Introduce the book.
- Read the book together. Ask for volunteers to read parts of the story.
- Discuss the story. Think of activities related to the book that families can do at home.
- Hand out the activity sheets. Go over them and make sure that parents understand the activities.
- Make an activity related to the story that families can use at home.

4. Adult Writing

- Ask parents to fill in the Literacy Action Plan for the next week.
- Ask parents to write down one thing they learned this week in their journals. If they feel comfortable, they can share with the group.



- *Northern Writes* and *More Northern Writes* are good sources for other adult writing activities. They are available for download at www.nwt.literacy.ca or in paper form from the NWT Literacy Council.

5. Story/Circle Time

- Have the children come back from their reading circle to read with their parents.
- Sing some songs or play a circle game together. (i.e. *If You're Happy and You Know It*, *Who Stole the Cookies*)

6. Snack Time

- Serve a healthy snack.
- Leave a bit of time for parents and children to socialize.

Snack of the Week – Cookie-Cutter Cheese Toast

slices whole wheat bread

slices low-fat cheese

Preheat the oven to 350 degrees. Place the bread slices on a cookie sheet and top with a slice of cheese.

Cut out shapes using cookie cutters. Heat until the cheese melts and bubbles. Serve warm or cold



Warm-up – Guess Who

1. Have everyone write down the name of a person on a sticky note. Do not tell anyone what you have written.
2. Everyone should stick his or her sticky note on the forehead of the person to his or her right.
3. Everyone asks questions to find out what his or her sticky note says. You could ask questions like:
 - Am I a famous person?
 - Am I a man or a woman?
 - Am I someone you know personally?
 - Am I on TV?
 - Do I have long or short hair?

4. The first person to guess wins!

5. Demonstrate this activity first.





Adult Discussion – Forty Below Activities

Very cold or rainy days can be long and hard for kids – and parents! Have parents talk about their favourite ways to keep kids occupied during long indoor days.



Some suggestions:

- Have an indoor picnic. Spread a blanket on the floor and sit on it to eat your lunch. Eat picnic food like sandwiches and raw veggies. You could even try roasting marshmallows over a stove burner (with adult supervision).
- Build a fort out of blankets and cushions.
- Make playdough.
- Put on a play or a puppet show. Dress up in costumes or old clothes, or make masks out of paper plates. Hang up a blanket to be the curtain.
- Have a dance party. Play some music and dance.
- Make cookies or muffins. Cooking is a great indoor activity that everyone enjoys.
- Play games like hide and seek, concentration, charades or board games.
- Make up a scavenger hunt. Hide things around the house and make up clues for your child.
- Pick up a book and read!



Literacy Action Plan

Monday

Read for 15 minutes with your child.

Tuesday

Read for 15 minutes with your child.

Wednesday

Read for 15 minutes with your child.

Thursday

Read for 15 minutes with your child.

Friday

Read for 15 minutes with your child.

Saturday

Read for 15 minutes with your child.

Sunday

Read for 15 minutes with your child.





About Robert Munsch¹²



Robert Munsch was born in Pittsburgh, Pennsylvania in 1945 and is one of 9 children. He struggled through elementary school, failing several grades. After completing high school, he decided to become a Jesuit priest. While studying to become a priest, he worked at an orphanage and discovered that he liked working with children. He quit the priesthood and began working in a daycare.

Munsch had always enjoyed writing poems, and began to tell stories to the children in the daycare. However, he never considered himself to have any special talent. He met his wife Ann at a daycare in Massachusetts. Both were laid off when the daycare's funding was cut, and decided to move to Canada to find work. Ann's boss at the University of Guelph heard Munsch telling stories and urged him to publish. After several years, he agreed.

His first book was *The Mud Puddle*. It sold only 3000 copies in the first year, but sales continued to grow after that. Munsch continued to write books and soon was in demand to tell stories at children's festival and in classrooms. When he travels he never stays in hotels, but with families that have young children. He gets a lot of his story ideas this way. He still visits many school and daycares for free and usually by surprise. He has written over 50 books. His book *Love You Forever* is the bestselling picture book of all time.

¹² From: <http://www.robertmunsch.com/bio.cfm>. June 20, 2008.



The idea for *Smelly Socks* came to Robert Munsch while he was doing a reading on the Hay River Reserve in 1984. He noticed a girl named Tina who was wearing very colourful socks, and made up a story about her. He told it for many years. When his publisher was looking for a new book idea in 2003, he suggested the smelly sock story. Munsch tracked down someone from Hay River to take pictures of the Hay River Reserve to use for the illustrations

More About Robert Munsch

You can hear Robert Munsch telling many of his stories, including *Smelly Socks*, on his website, www.robertmunsch.com. Click on Storytime to see a list. You can also see a lot of crafts based on the books that children have sent to Robert Munsch.



Smells

(Ages 3 and up)

This is a fun way to explore your sense of smell.

You will need:

- Blindfold
- An assortment of things with strong smells, for example:
 - A piece of moose hide
 - Pine or spruce needles
 - A cinnamon stick
 - Soap
 - Vanilla
 - Coffee grounds
 - Vinegar
 - Peanut butter



1. Blindfold your child.
2. Hold one item at a time under your child's nose and ask him or her to guess what it is.
3. If he or she can't guess at first, ask different questions, such as "what does this smell remind you of?"
4. You may want to give hints, such as "this is something we smell when we're camping."



More Smell Experiments

(Ages 3 and up)

This experiment shows how important your sense of smell really is.

You will need:

- A blindfold
- Familiar foods cut into bite-sized pieces. Some good foods to use are:
 - Apple
 - Carrot
 - Potato
 - Celery
 - Cheese
 - Banana



Avoid round foods, like grapes, which can be choking hazards.

1. Blindfold your child and get her to hold her nose.
2. Feed her a small bite of food and ask her to tell you what it is.
3. After she has tasted all the foods, repeat without her holding her nose.
4. Was it easier to identify the food with her nose plugged or without?
Why do you think that is?



Put the Story in Order

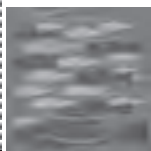
(Ages 7 and up)

Cut the sentences along the dotted line. Put them in order and glue them onto another sheet of paper.



A skunk falls over because of the smell of Tina's socks.

Tina wants to get a new sweater.



All the fish in the river look like they are dead.

Tina's friends wash her socks in the river.



Tina's socks start to smell.

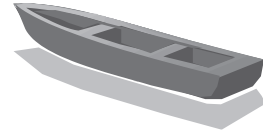
Tina tries on millions and millions of socks.





All the beavers go to live with Tina's grandfather.

Tina's grandfather rows her across the river.





Colour Tina's Sock

(All ages)

Design a new sock for Tina in any colour or pattern you like.



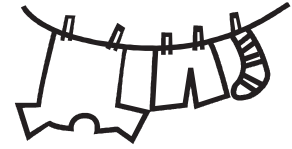


Sock Patterns

(Ages 3 and up)

You will need:

- String (1 – 2 metres)
- 2 tacks
- Clothespins
- Sock cut-outs (patterns follow)



1. Colour and cut out the socks on the following pages
2. Make a clothesline across a hallway or the corner of a room, using the string and tacks.
3. Use the clothespins to hang the socks up on the clothesline. Make as many different patterns as you can.

Start with simple patterns:



Then try more complicated ones:



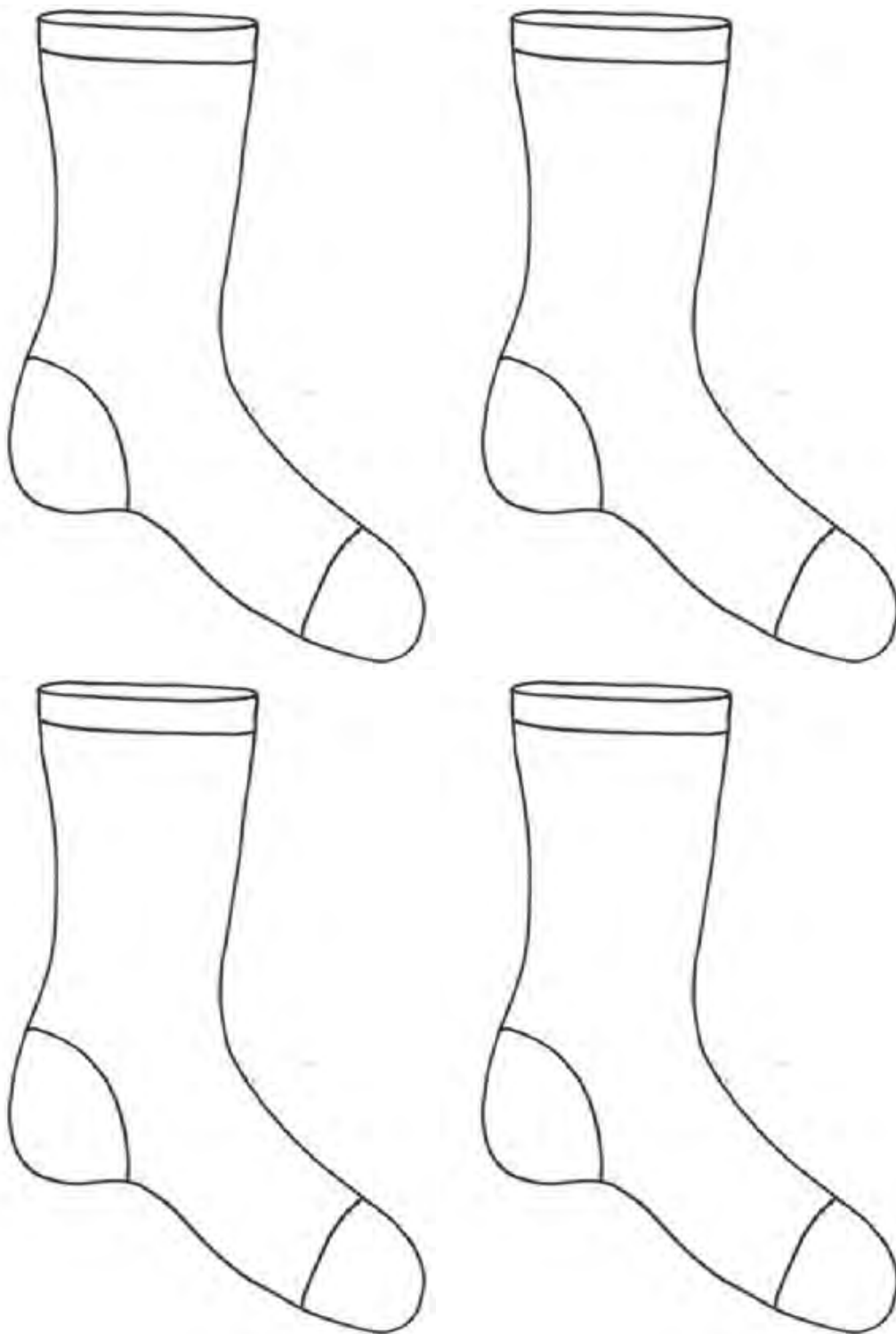


Colour these socks red.





Colour these socks blue.





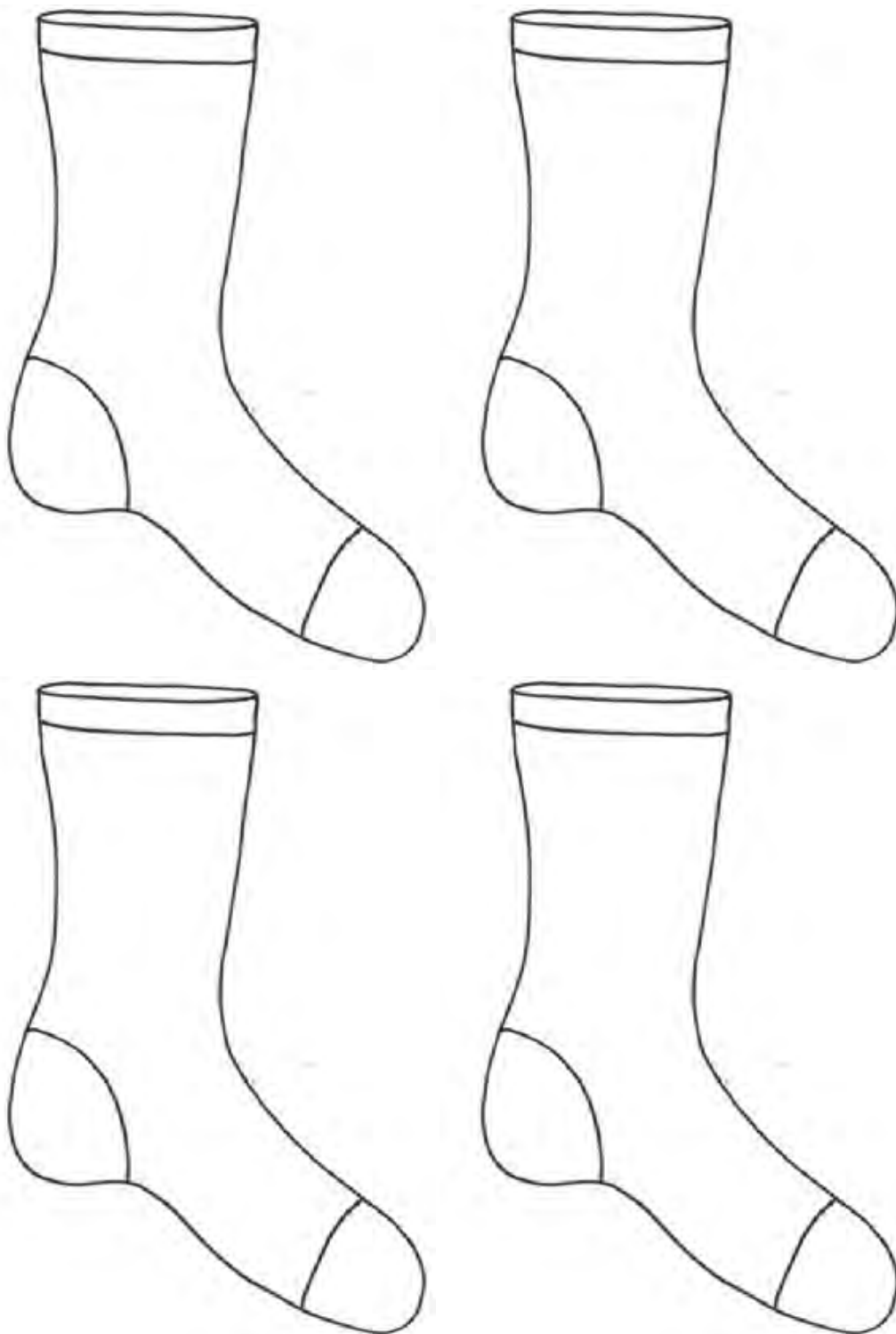
Smelly Socks

Colour these socks green.





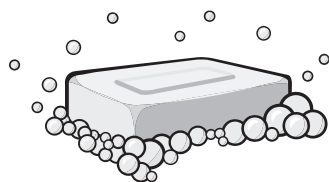
Colour these socks yellow.





Homemade Bubbles¹³

(All ages)



When Tina's friends wash her socks, they make a lot of bubbles. Try making your own bubbles. You can use a bubble wand from the store, make your own out of a pipe cleaner, or use a cookie cutter. You can also try making a giant bubble wand out of a coat hanger.

You will need:

- ½ cup Joy or Dawn brand dish soap
- 4 cups water
- 1/8 cup glycerine*

1. Mix all of the ingredients together.
2. Blow your bubbles.
3. Store the bubble solution in a container with a lid. It works better the longer you leave it.



*You can often buy glycerine in drugstores. If you can't find glycerine, you can substitute 1/8 cup of light corn syrup.

¹³ Bubble recipe from: <http://bubbleblowers.com/homemade.html>



I Spy

(Ages 3 and up)

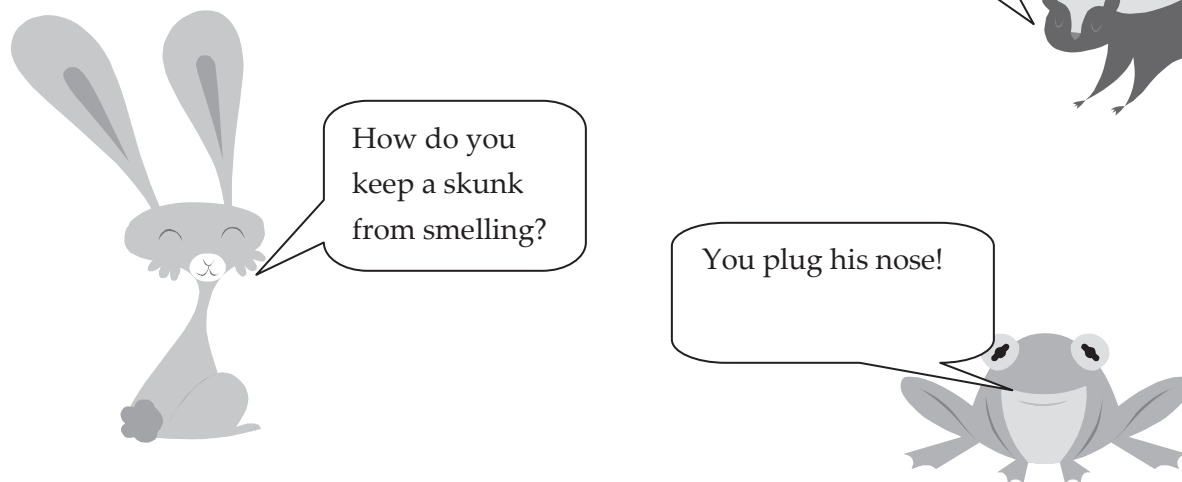
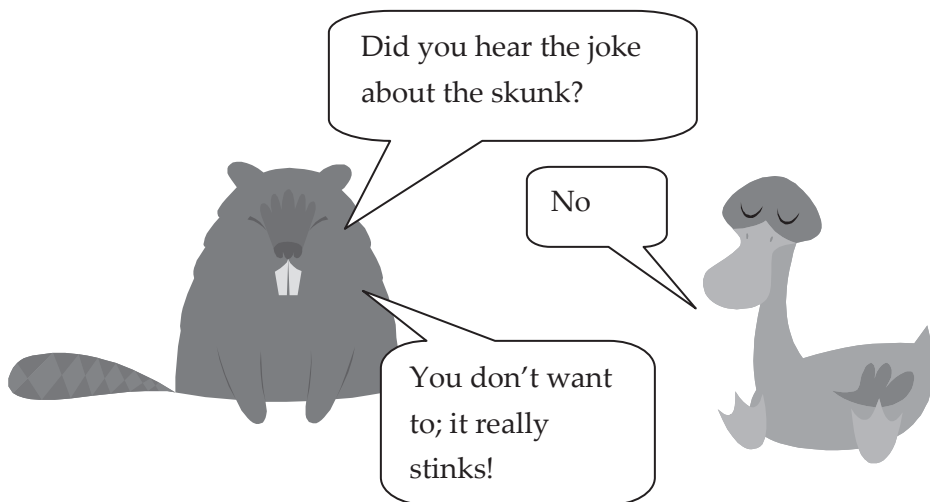
The pictures in *Smelly Socks* have a lot of detail. See if you can find these things in the pictures:

1. A giant inuksuk
2. A beaver playing a guitar
3. Two skidoos
4. A mouse hiding inside a sock
5. A skunk wearing socks
6. A loon
7. A church
8. A blueberry bush
9. A beaver carrying a teddy bear
10. Two fish giving each other a high-five





Jokes (Ages 5 and up)





Sock Snowman Craft¹⁴

(Ages 3 and up)

You will need:

- A tube sock with a coloured border
- Uncooked rice or beans (approx. 1 1/2 cups)
- 2 plastic sandwich bags
- Googly eyes
- Pompoms or small buttons
- Yarn
- Scissors
- White glue*



1. Fill one sandwich bag with about 1 cup of rice.
2. Place it in the toe of the sock and tightly tie a piece of yarn above it.
3. Fill another bag with about ½ cup of rice. Place it in the sock and tie a piece of yarn above it.
4. Fold the top of the sock over to form the snowman's hat.
5. Tie a few pieces of yarn around the snowman's neck to make a scarf.
6. Glue on the googly eyes and buttons or pompoms.

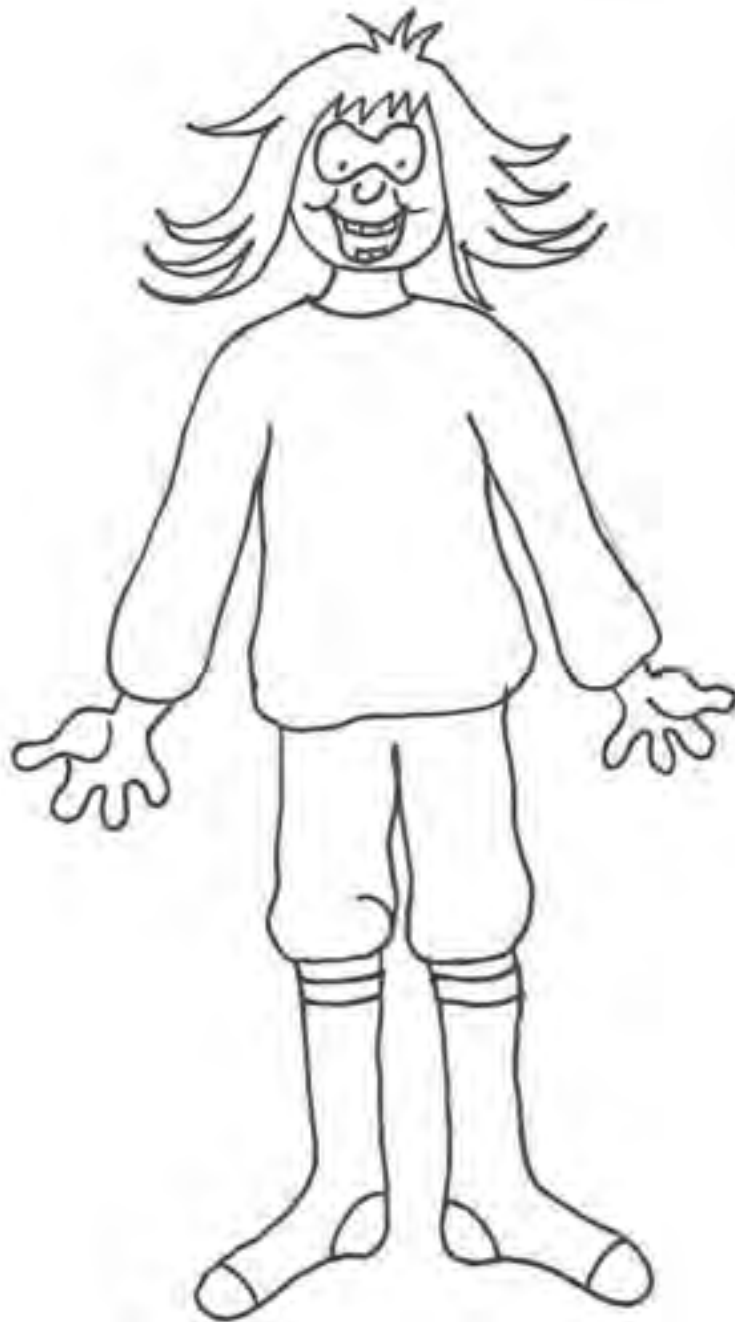
*If you are working with older children who are well supervised, you may want to use a hot glue gun.

¹⁴ From: http://www.hamiltonbulldogs.com/kool_krafts



Colouring
(All Ages)

Tina wants her mom to buy her a new sweater. What will it look like?
Colour in this picture of Tina.





Skunk Craft¹⁵

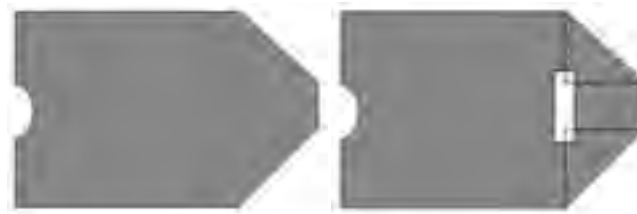
(Ages 3 and up)

You will need:

- A paper bag
- Black poster or tempera paint
- Black and white construction paper
- Tape
- Glue stick
- Scrap paper or newspaper
- Googly eyes



1. Paint the paper bag black and let it dry.
2. Fold the corners of the closed end of the bag under to form a triangle. Tape them down. This will be the head of your skunk.



Top

Bottom

3. Stuff the bag with crumpled scrap paper or newspaper. Tape the end shut.
4. Decorate your skunk. Add ears, feet and a tail cut out of black construction paper. Add a stripe made out of white construction paper. Glue on googly eyes.

¹⁵ From: <http://www.thebestkidsbooksite.com/craftdetails3.cfm?CraftID=835>



Matching

(Ages 3 and up)

Match the socks.





Rhymes

(All ages)

You might want to take your socks off to do these rhymes.

This Little Piggy



This little piggy went to market (wiggle big toe)

This little piggy stayed home (wiggle 2nd toe)

This little piggy had roast beef (wiggle 3rd toe)

This little piggy had none (wiggle 4th toe)

This little piggy went “wee wee wee” (tickle child)

All the way home

Wee Winkie

Wee Winkie (wiggle baby toe)

Lee Blinkie (wiggle 4th toe)

Tom Whistle (wiggle 3rd toe)

Joe Gristle (wiggle 2nd toe)

Big Fat Gobble Gobble Gobble (pull on big toe)



Diddle Diddle Dumpling

Diddle diddle dumpling

My son John

Went to bed with his stockings on

One shoe off and one shoe on

Diddle diddle dumpling

My son John



On My Foot There is a Flea



On my foot there is a flea (point to foot)
Now he's climbing up on me (creep fingers up legs)
Past my belly (creep fingers past belly)
Past my nose (creep fingers past nose)
On my head where my hair grows (creep fingers onto head)
On my head there is a flea (point to head)
Now he's climbing down on me (creep fingers down)
Past my belly (creep fingers past belly)
Past my knee (creep finger past knee)
On my foot (point to foot)
Take that you flea! (slap foot gently as if squashing a flea)

Black Socks



Black socks
They never get dirty
The longer you wear them
The stronger they get
Sometimes
I think I should launder them
But something keeps telling me
Don't wash them yet
Not yet, not yet, not yet





The Very Hungry Caterpillar

By Eric Carle



What You Will Need for This Session

- Copies of *The Very Hungry Caterpillar* for each family in the program
- Journals for parents
- Copies of the Love Grows Brains handout
- Copies of the Literacy Action Plan handout
- Material for the caterpillar mural
- Craft materials—crayons, glue, scissors, paper, etc.
- Activities in this kit:
 - Collage
 - Homemade Finger Paint
 - Jokes
 - Animal Match
 - Drawing and Colouring
 - Fruit Kabobs
 - About Caterpillars
 - Caterpillar Crossword
 - Make a Caterpillar
 - Caterpillar Treats
 - Days of the Week Mix-Up
 - Mad Libs
 - Rhymes



Session Overview

1. Introduction

- Review group agreements
- Warm-up Activity – Scattergories

2. Group Discussion

- Review what happened during the week:
 - What literacy activities did parents do at home with their children?
 - What worked well? Did anything not go well?
 - Did they follow the Literacy Action Plan?
- Talk about the adult discussion topic – Love Grows Brains.

3. *The Very Hungry Caterpillar* by Eric Carle.

- Introduce the book.
- Read the book together. Ask for volunteers to read parts of the story.
- Discuss the story. Think of activities related to the book that families can do at home.
- Hand out the activity sheets. Go over them and make sure that parents understand the activities.
- Make an activity related to the story that families can use at home.

4. Adult Writing

- Ask parents to fill in the Literacy Action Plan for the next week.
- Ask parents to write down one thing they learned this week in their journals. If they feel comfortable, they can share with the group.



- *Northern Writes* and *More Northern Writes* are good sources for other adult writing activities. They are available for download at www.nwt.literacy.ca or in paper form from the NWT Literacy Council.

5. Story/Circle Time

- Have the children come back from their reading circle to read with their parents.
- Read a story together or make the caterpillar mural.

6. Healthy Snack

- Serve a healthy snack.
- Leave a bit of time for parents and kids to socialize.



Snack of the Week – Fruit Kabobs

Cut fruit like pineapple, apples and oranges into chunks. Use whole grapes and strawberries. Thread them on to a skewer and serve them with yogurt or cottage cheese.





Warm-up – Scattergories

This is a fun alphabet game for kids and adults. Make up a list of about 8-10 categories. Here are some examples:

- Food
- Name of a town
- Animal
- Car
- Boy's name
- River or lake
- Outdoor activity
- Country
- Sport
- TV show
- Children's book
- Famous musician

Form two teams and have each team write the categories down on a piece of paper. Choose a letter of the alphabet. Give everyone about two minutes to come up with something from each category that begins with that letter of the alphabet. The team that has the most categories filled in wins.

Example: Letter A

Food: apple

Name of town: Aklavik

Animal: ant

Boy's name: Aaron

Country: Albania





Adult Discussion Topic – Love Grows Brains

In the first 3 years of life, children's brains make more connections than at any other time. They learn at an astounding rate. Every sight, sound, smell, taste and touch forms new connections. Repeated experiences form pathways and networks. These pathways pave the way for later learning. To make these connections, children need:

- A safe, stable environment.
- Loving caregivers.
- A variety of experiences.

If children lack love or security, their brains shut down to new experiences and they are not able to make connections.

How can parents help their children make connections? The answer is not complicated or scientific. Many of the things that parents already do contribute to healthy brain development. Here are some examples:

- Talking together
- Singing
- Cuddling
- Telling stories
- Reading books
- Playing together
- Laughing together
- Listening to music
- Going out on the land



Are you surprised that these activities are important for brain development?



Literacy Action Plan

Monday

Read for 15 minutes with your child.

Tuesday

Read for 15 minutes with your child.

Wednesday

Read for 15 minutes with your child.

Thursday

Read for 15 minutes with your child.

Friday

Read for 15 minutes with your child.

Saturday

Read for 15 minutes with your child.

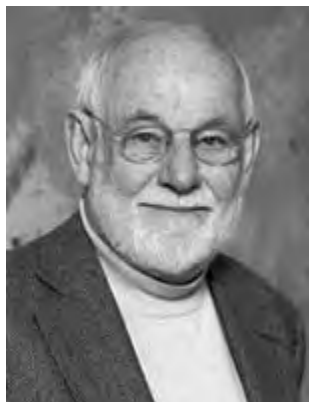
Sunday

Read for 15 minutes with your child.





About Eric Carle¹⁶



Eric Carle was born in New York State in 1929. His family moved to Germany when he was six years old. He attended art school there, but always wanted to return to the United States. In 1952 he returned to New York and became a graphic designer for *The New York Times*.

His first experience with children's books came when respected author Bill Martin Jr. asked him to illustrate *Brown Bear, Brown Bear, What Do You See?* The book became extremely popular and is still read almost universally by grade one students today.

Carle went on to write and illustrate many more books in his distinctive style. His illustrations are made from hand-painted tissue paper, which he then cuts and pastes to form collages. Many of his books have added surprises. For example, *The Very Lonely Firefly* has twinkling lights on the last page, and *The Very Quiet Cricket* has a chip that makes a chirping noise. *The Very Hungry Caterpillar* was published in 1969 and is his most famous title.

Carle's books have been translated into 45 languages and have sold over 25 million copies. He lives in North Carolina and never plans to retire from writing children's books.

¹⁶ From: <http://www.eric-carle.com/home.html>



Caterpillar Mural

(All ages)

This is a great way to decorate a wall or bulletin board in the place you hold your program.

You will need:

- 1 paper plate for each child
- 2 pipe cleaners
- Construction paper in various colours
- Markers, crayons or paint
- Tape
- Tacks



1. Give each child a paper plate to decorate. Each plate will form a section of the caterpillar's body.
2. Make a head for the caterpillar. Draw eyes and a mouth on a paper plate. Tape on 2 pipe cleaners for antennae.



3. Cut legs out of black or brown construction paper. Tape 1 or 2 onto each plate.
4. If you are putting the caterpillar onto a bulletin board, stick the plates up using tacks. If you do not have a bulletin board, tape the plates to a piece of mural paper using clear tape.
5. Add other things to your mural, such a title, a background or the food that the very hungry caterpillar eats. Be creative!



Collage

(All ages)

Look very carefully at the illustrations in *The Very Hungry Caterpillar*. They are made using a style called collage. This means that small pieces of paper are cut out and glued onto a larger piece of paper to make a picture. You can make your very own collage picture.

You will need:

- Old magazines
 - Old drawings and paintings (old finger paintings that you no longer want to save work especially well)
 - White paper
 - Glue stick
 - Pencil
 - Markers or pencil crayons
1. Think about what you want to draw. Draw a simple outline drawing. (If children are really stuck for ideas, they can always make collages of their names in bubble letters).
 2. Think about the colours you will need for different parts of your drawing. Look through the old magazines and cut out bits of those colours.
 3. Glue the pieces into your outline drawing.
 4. Add details using markers or pencil crayons.



Homemade Fingerprint¹⁷

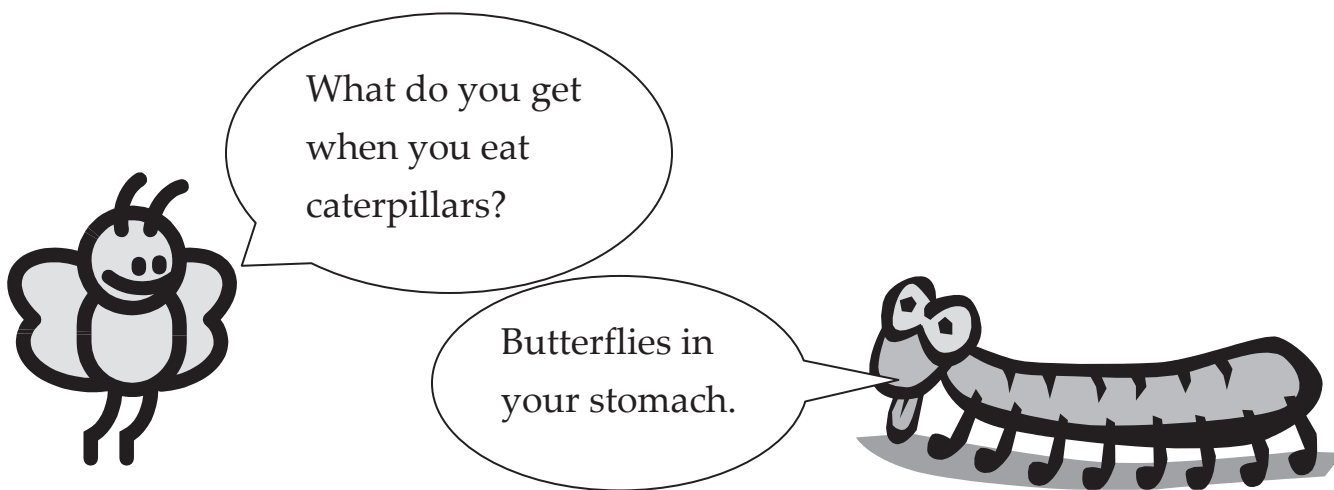
(All ages)

Have some fun with fingerprinting!

You will need:

- 3 cups water
- 1 cup cornstarch
- Food colouring

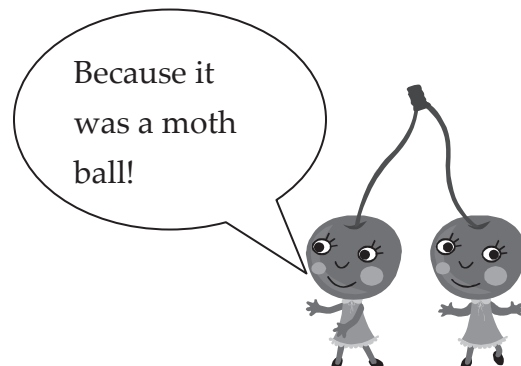
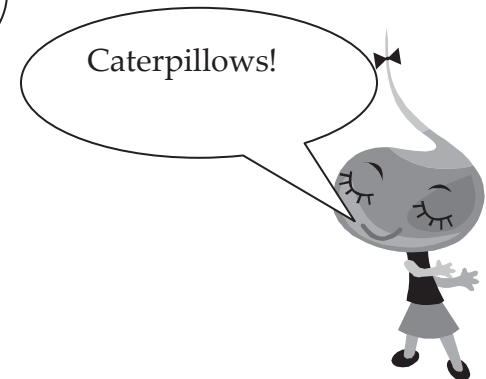
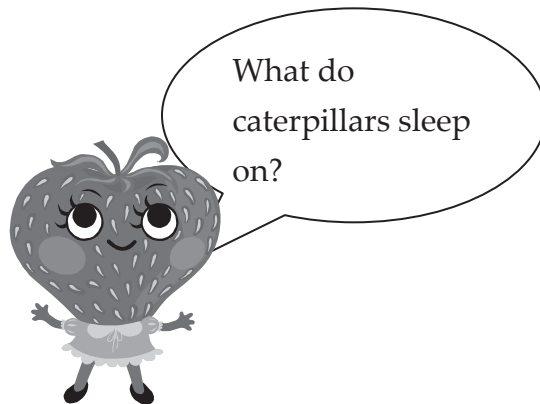
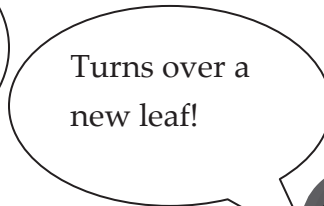
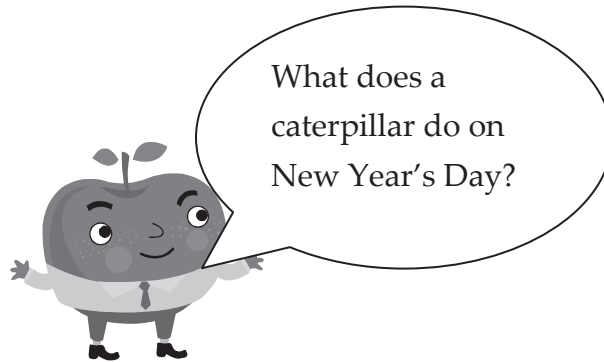
1. Bring the water to a boil and remove it from the heat.
2. Dissolve the cornstarch in a little **cold** water. Add the mixture to the hot water.
3. Boil for about 1 minute, until the mixture is clear and thick.
4. Separate the mixture into bowls or containers. Add food colouring.



¹⁷ This recipe is adapted from *Children's Arts and Crafts* by Nancy Lewis Bartlett (Australian Women's Weekly).



Jokes (Ages 5 and up)

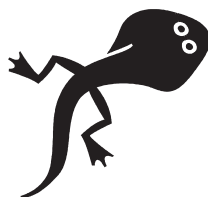




Animal Match

(Ages 3 and up)

Sometimes adult animals look very different from young animals. Match all the adults with their babies.





Animal Match
(Ages 8 and up)

Now match their names.

butterfly

tadpole

dog

kitten

frog

puppy

cat

baby

mom

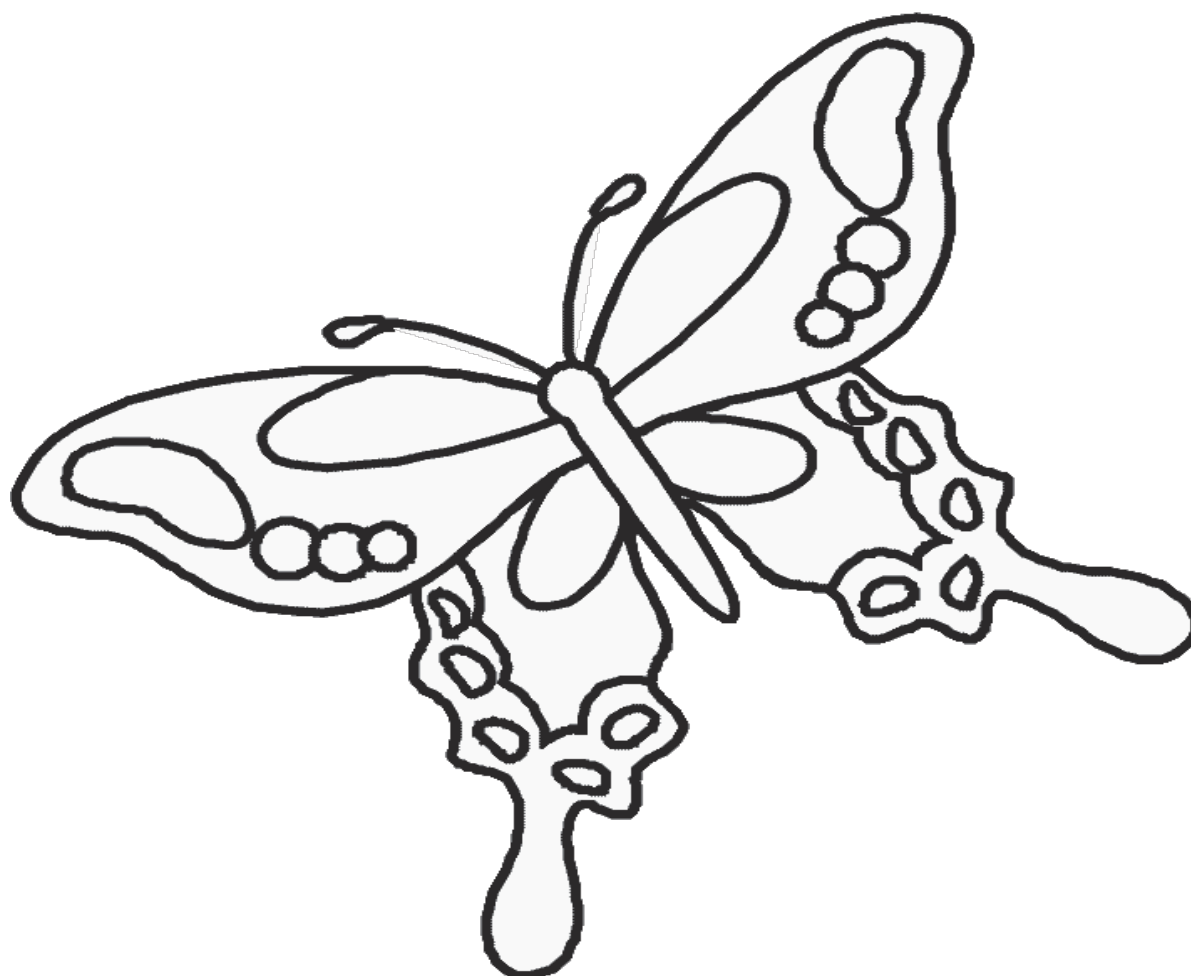
caterpillar



Drawing and Colouring

(All ages)

Colour in the beautiful butterfly.



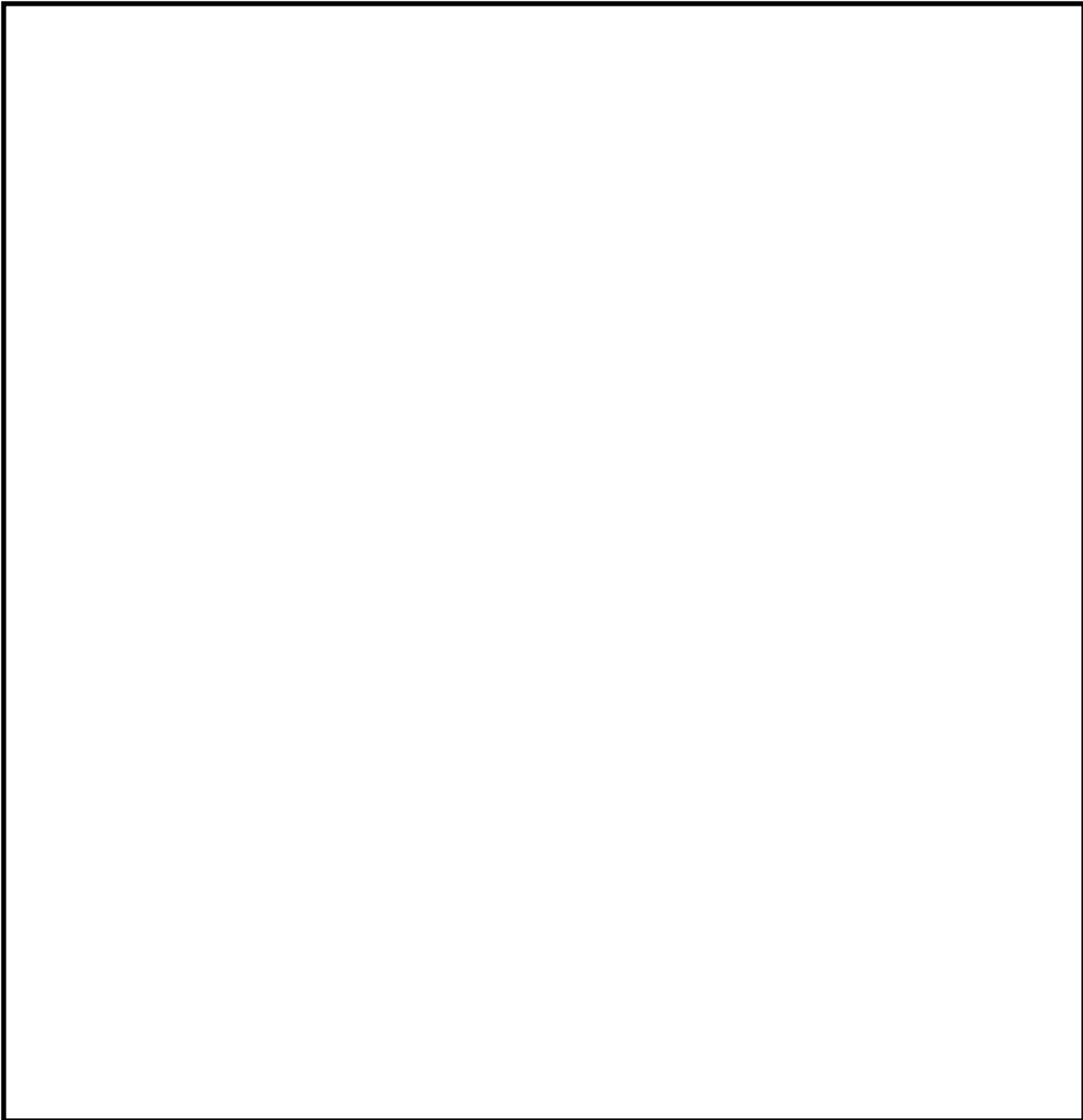


Draw a Picture

(Ages 3 and up)

Imagine that you were a very hungry caterpillar. What would you eat?

Draw a picture.





Fruit Kabobs

(Ages 2 and up)

The very hungry caterpillar eats an apple on Monday, two pears on Tuesday, three plums on Wednesday and so on. You can eat all different kinds of fruit on just one day.

You will need:

- An assortment of fruit, such as apples, bananas, pears, grapes and melons.
- Wooden skewers
- Sharp knife

1. (Adult) Cut the fruit into pieces that are big enough to fit on a skewer.
2. Thread the fruit pieces onto the skewer.
3. If you are not going to eat the kabobs right away, squeeze some lemon juice over them to keep the apples and bananas from turning brown.

You could make these in your program and eat them at snack time.





About Caterpillars¹⁸

(Ages 4 and up)

- Caterpillars are the **larvae** (babies) of moths and butterflies.
- Caterpillars have about 4000 muscles! People have only 629.
- Caterpillars breathe through holes in the sides of their bodies called **spiracles**.
- Caterpillars only have 6 real legs. The rest are false legs called **prolegs**.
- Caterpillars usually shed their skin four to five times.
- Caterpillars really do eat a lot. They have soft, stretchy skin instead of a hard shell so that they can expand when they eat a lot.
- Caterpillars eat only plants. They are **herbivores**.
- In the fall, caterpillars enter the **pupa** stage. They form hard cases called **chrysalises** around themselves. In the spring, they break out as butterflies.



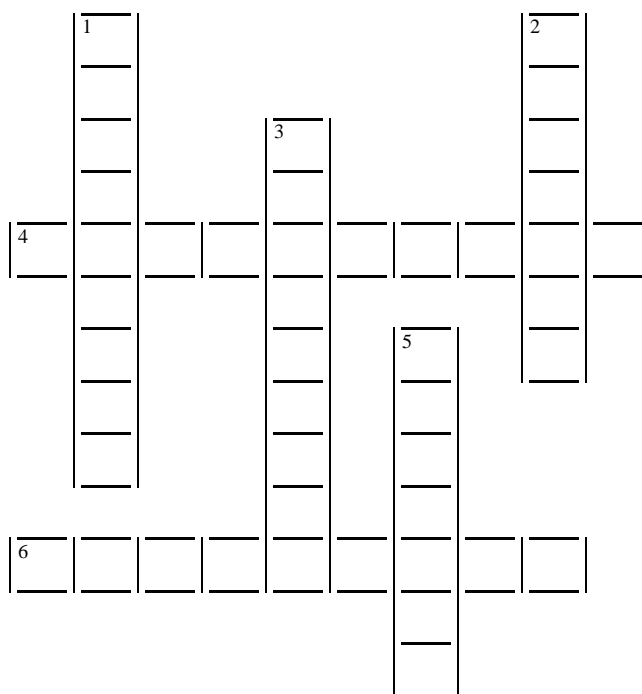
¹⁸ From: <http://www.mothergoosecaboose.com/popal3.html>



Caterpillars

(Ages 8 and up)

Use information from the About Caterpillars handout to complete the crossword.



ACROSS

- 4 Animals that eat only plants.
6 The hard shell a caterpillar builds around itself.

DOWN

- 1 What a caterpillar turns into.
2 False limbs that look like legs.
3 Breathing holes on the side of an insect's body.
5 Caterpillars have 4000 of these.



Make a Butterfly

(All ages)

You can make a butterfly out of a toilet paper tube and your own handprints.



You will need:

- 1 toilet paper tube
- 1 piece of black or brown construction paper
- 3 pieces of coloured construction paper
- pipe cleaner
- White glue
- Scotch tape
- Scissors
- Markers
- 2 googly eyes (optional)

1. Cover the toilet paper tube with black construction paper. Glue or tape it in place.
2. Trace both of your hands on each piece of coloured construction paper. Cut them out. You should have 6 hands.
3. Fan out three of the handprints to make a wing, and tape them in place. Do the same with the other three.
4. Tape the wings onto the back of the tube.
5. Cut a circle out of black construction paper to make the head. Glue on the googly eyes or draw your own eyes.



The Very Hungry Caterpillar

6. Cut off a short length of pipe cleaner. Fold it in half and tape it onto the head to make antennae.
7. Tape the head onto the body.





Caterpillar Treats

(Ages 3 and up)

You can play with these caterpillar treats until you're ready to eat them.

You will need:

- About 6 round hard candies or gumballs
- Plastic wrap
- 2 pipe cleaners
- Clear tape
- Black marker or googly eyes



1. If the candies are in wrappers, unwrap them.
2. Cut a strip of plastic wrap about 8cm wide and slightly longer than your candies placed end to end.
Young children must be closely supervised when handling plastic wrap, as it can be a suffocation hazard.
3. Lay out your candies in a row along the plastic wrap. Wrap them up, folding the ends over. Put a small piece of tape over each end.








4. Cut each pipe cleaner into 3 equal pieces. Twist them around the body between the candies to form legs and bend the ends to make feet. Use 1 piece to make antennae.
5. Make dots for eyes using the marker, or glue on googly eyes.



Days of the Week Mix-Up



(Ages 5 and up)

These days of the week are all mixed up. Cut along the dotted lines and glue them onto another sheet of paper in order. Then match them up with the food that the caterpillar ate on that day.

Saturday	
Tuesday	
Thursday	
Monday	
Sunday	



The Very Hungry Caterpillar

Wednesday	
Friday	

**Mad Libs**

(Ages 8 and up)

Play this game with 2 people. Without letting the other person see the story, one person asks the other for the words listed below. Then she fills in the blank with the same number and reads the wacky story back to the first person. Switch jobs for the second mad lib.

- | | |
|--------------------------|---|
| 1. Animal _____ | 8. Place _____ |
| 2. Name _____ | 9. Junk Food _____ |
| 3. Place _____ | 10. Describing Word _____ |
| 4. Food _____ | 11. Job (i.e. Farmer, Dentist)
_____ |
| 5. Place _____ | 12. Piece of Advice _____ |
| 6. Describing Word _____ | |
| 7. Thing _____ | |

Once upon a time there was a tiny (1)_____ named (2)_____ .

He was very hungry. On Monday he went to (3)_____ and ate

(4)_____ . On Tuesday he went to (5)_____ and ate a

(6)_____ (7)_____. On Wednesday he went to (8) _____

and ate (9) _____. "Oh, I feel (10)_____, " he said. He went

straight to the (11) _____. "What did you eat?" asked the



The Very Hungry Caterpillar

(11)_____. "I ate (4)_____, (6)_____ (7)_____ and
(9)_____, "said (2)_____. "No wonder you feel (10) _____"
said the (11)_____. "Go straight home and
(12)_____."

Mad Lib #2

1. Boy's name_____
2. Woman's name_____
3. Food_____
4. Describing word_____
5. Food_____
6. Spice_____
7. Thing_____
8. Number_____
9. Piece of clothing_____
10. Dessert_____



One day (1) _____ decided to make dinner for his Aunt (2)_____. He put some (3)_____ in a large pot. He added some (4)_____ (5)_____ and finished it off with a dash of (6)_____. He cooked it in a (7)_____ for (8)_____ hours. He set the table and put on his best (9)_____. Aunt (2)_____ arrived. She sat down and took a large spoonful. "Oh dear," she said, "How about I make us some nice (10)_____ instead?"



Rhymes

Flutterby

If you ever watched a butterfly
You would think the same
To call him rather "flutterby"
Is more a fitting name.
For what he has to do with butter
I cannot understand
But he can surely flutter better
Than any insect can!

Fuzzy Wuzzy, Creepy Crawly

Fuzzy wuzzy, creepy crawly
Caterpillar funny
You will be a butterfly
When the days are sunny
Winging, flinging, dancing, springing
Butterfly so yellow
You were once a caterpillar
Wiggly, wiggly fellow

Caterpillar

Little fuzzy caterpillar
In your warm cocoon
The cold winter's over and you'll be hatching soon.
Then you'll spread your wings
On a warm summer's day
And wave us all goodbye
As you fly, fly away



The Butterfly¹⁹

The butterfly floats
in the air
Gliding on a gentle
breeze
On summer's hot and
sunny days
It basks on top of
fallen trees

The Caterpillar²⁰

All day and night
The caterpillar
Eats everything in sight
He grows and grows
Then stops to doze
And wakes at spring's
first light
He crawls out from his
winter room
And shakes himself 'til dry
He stretches out his chrysalis
new-found wings, butterfly
A perfect butterfly!

¹⁹ - From MotherGooseCaboose

²⁰ From MotherGooseCaboose