



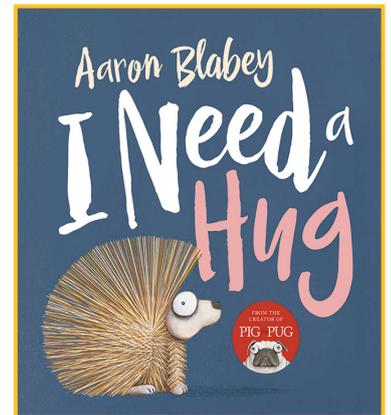
**Theme: Feelings**

**February 2016**

**Book title: I Need a Hug**

By Aaron Blabey

Do you ever feel like you just need a hug? This poor spindly fellow is in desperate need of a hug but all of his friends are too frightened they will get a nasty spike! Aaron Blabey's dark humour gloriously captures a story proving that true friendship can overcome any obstacle.



### Key Message for Parents

#### The Best Learning Happens in Nurturing Relationships

Parents and caregivers are a child's first teacher, and the best learning happens when a child feels safe, secure and loved. Parents can:

- Share books that showcase secure and nurturing relationships reminding children they are safe, loved and supported
- Take time to recognise your child's interests and build upon them
- Listen to your child and respond, this will make sure they feel valued and important to you
- Reinforce and repeat positive actions such as comforting, smiling, singing and reading!

### Learning Outcomes

#### Outcome 3: Children Have A Strong Sense Of Wellbeing

Educators and Parents can help children become strong in their social and emotional wellbeing by:

- Spending quality time with children and providing genuine affection, understanding and respect for all children
- Respond to the needs of the child
- Value the child's opinion and create space for them to practise decision-making
- Providing opportunities for children to engage in activities, tasks and play that foster independence and engagement through self-expression
- Celebrate attempts as well as achievements with children.

Find booklists, tip sheets, nursery rhymes and activity and learning time sheets @

[thelittlebigbookclub.com.au](http://thelittlebigbookclub.com.au)





## Welcome

Ask carers to write nametags for themselves and their babies.

Welcome everyone, introduce yourself, remind adults to turn their mobile phones off and that there will be time for adults to chat after the story and songs.

## Welcome Song (or your preferred song)

Have the words available as a handout or written on a board or butcher's paper for the adults to read and join in.

### Good Morning

*Good morning to you  
Good morning to you  
Good morning everybody  
And welcome to you!*



## Song

### If You're Happy and You Know it

*If you're happy and you know it,  
Clap your hands  
If you're happy and you know it  
Clap your hands.  
If you're happy and you know it  
And you really want to show it  
If you're happy and you know it  
Clap your hands!*



Repeat verses and change the action, stomp your feet, nod your head, shout hooray!

You can also sing using different emotions;

*If you're sad and you know it, make a frown.  
If you're angry and you know it, huff and puff (crossing arms)  
If you're happy and you know it, give a smile  
If you're confused and you know it, shrug your shoulders*

Talking regularly about feelings and emotions is a great way to learn about them. As children grow they will feel a range of emotions and it will help if they are able to identify and verbalise how they are feeling.



## Before Reading

Today we are going to read a story by Aaron Blabey, it's called "I Need a Hug" point out the title and the author/illustrator on the front cover. Ask children to predict what the story will be about. Allow time for conversation and questions and acknowledge all contributions from the children.

Ask them to pause and think very carefully, and ask "would you like to hug a spiky porcupine?" "Why/Why not?" Let's read together and find out what happens.

## During Reading

This story is simple and repetitive. A spiky porcupine tells each of his friends "I need a hug". You might like to invite children to say the words along with you – pointing them out on each page. This story is not very long so it's perfect for toddlers who have shorter attention spans.

Use your voice to bring life to the story, move your body to convey the actions of the animals. Its always a good idea to practice reading aloud when you are sharing a book with a group. Reading to yourself and reading aloud feel different, practised storytellers will attest to reading a book a few times before reading to a group.

## After Reading

Reflect on the story, ask children what they liked about the story – the contribution that each child makes will develop as their confidence grows. Asking open questions where the children are creating the answer is a great way at developing a child's confidence at answering questions.

You might like to discuss the feelings of the animals, "what is Ken the Moose feeling?" you can extend further asking "how do you know he's feeling, scared, happy, sad etc." Making sure you have patience and provide a safe place for children to offer their answer or response.

## Activity time

### Handprint Hug

#### What you will need

- Paper
- Paint
- Curling ribbon or freeze paper
- Paper plate
- Sticky tape
- scissors



#### Instructions

1. If you have a wet area and smocks you are all set – if not, perhaps invest in a tarp and let parents/caregivers know that you will be finger printing and not to wear good clothes to the session.
2. Set up paperplates on the floor or in the centre of low tables. Pour different coloured paint onto them.
3. Allow children to experiement with hand printing on to a large sheet of paper.
4. Cut out the hands in sets of two
5. Use sticky tape to secure one hand to each end of the ribbon – you have made a HUGE Handprint Hug!  
Make as many hugs as you like





## Extension Ideas

- Create a body to go with your huge hug
- Send a hug to someone special in the post
- Thread objects onto the string or ribbon – this is a great activity for little hands to develop fine motor skills.

### use words like:

**Hug, cuddle, spikey, prickly, slithery, jumping, brave**



### TIPS:

You can use cheap plastic containers, add a sponge to the container and pour paint over the sponge. This will reduce spilling and will help keep excess paint to a minimum!

If you don't want to use paint children can trace around their hands as an alternative.

## Goodbye

Conclude the session with some suggestions of relevant books that parents might want to borrow. The Little Big Book Club recommends the following books to support learning in this area -

- **The Wrong Book** by Nick Bland
- **Samuels Kisses** by Karen Collum & Serena Geddes
- **A Bit Lost** by Chris Haughton
- **The Feelings Book** by Todd Parr

## Goodbye Song

Depending on the size of your group, you may wish to insert each child's name in the place of 'you' as it develops a more personal relationship between yourself, the child and the family.

Sung to the tune of (Here We Go Round the Mulberry Bush) or your preferred choice.

## Goodbye

*This is the way we say goodbye (use a waving action)*

*Say goodbye, say goodbye*

*This is the way we say goodbye*

*To all our library friends (or) (to our friend.....)!*