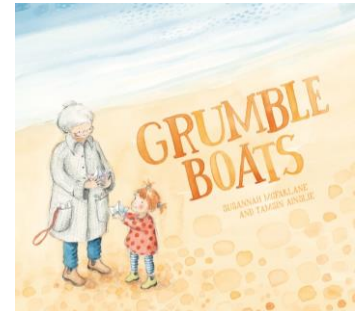


LEARNING TIME

Grumble Boats

By Susannah McFarlane and Tasmin Ainslie

What do you do with the grumbles? Set them afloat of course! The bond between grandma and child is told through the simple act of spending precious time together and exploring important life skills of emotional regulation.



This book will create opportunities to discuss feelings. Providing practical strategies such as sharing problems with someone you can trust, writing or drawing the feelings out, talking about it, conceptualising the idea of letting the feeling go and moving on. All told through a gentle story, beautiful illustrations and relatable characters.

Key Message for Parents | Children's wellbeing is critical to brain development and learning

Social and emotional development is connected to and as important as intellectual development. Some ideas to share with parents/carers are:

- Responding sensitively to a young person's emotions builds early brain development
- The quality of a child's relationships in the early years lay the foundation for a wide range of developmental outcomes, including confidence, motivation and self-regulation and learning
- Assist by naming and explaining emotions and model effective self-regulation yourself.

Australian Early Years Learning Framework | Outcome 3: Children have a strong sense of wellbeing

Educators can support children's learning by

- Providing a genuine understanding and respect for all children
- Celebrate each child's contribution, noticing their individual skills and interests
- Talk with children about their emotions and responses to events to support their understandings of emotional regulation and self-control
- Acknowledge and affirm children's effort and growth.

Welcome

Ask carers to write nametags for themselves and their children.

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!



You may like to introduce the book at this stage or use a song to help prepare your group and introduce the upcoming story and activities.

Song

If your happy and you know it

If you're happy and you know it – clap your hands

CLAP CLAP

If you're happy and you know it – clap your hands

CLAP CLAP

If you're happy and you know then you really ought to show it

If you're happy and you know it – clap your hands

CLAP CLAP



Alternative verses

If you're grumpy and you know it – stomp your feet (STOMP)

If you're sad and you know it – have a cry (RUN EYES)

If you're tired and you know it – say goodnight (YAWN)

Before Reading

Greet families and children warmly, ask them how they are, awaiting their responses and acknowledging them. Explain the format of the session, including the book you are reading, songs and activities. You may want to use a visual board to support diverse language and learning needs.

During Reading

Introduce the name of the book, author and illustrator. Explain the theme of the book, talk about the word 'grumbles'. Ask the participants if they know what that word is and then clarify the meaning. This book allows opportunities for the audience to reflect on how to solve the problem and share their own experiences. 'How do you solve your grumbles?'

After Reading

Reflect on the outcome of the story, did the activity help to resolve the feeling of the 'grumbles'? Can the participants think of other ways to help to manage emotions? What do they do that makes them feel happy? Talk about how sharing feelings with a friend or loved one can help.

Song

The Feelings Song

<https://www.youtube.com/watch?v=-J7HcVLsCrY>

Sometimes you feel happy

Sometimes you feel sad

Sometimes you feel excited

Sometimes you feel mad

You might laugh today

You might cry today

You might feel many different feelings

And they are all ok



Extension Ideas

Get into the habit of labelling the feelings you believe children are experiencing. For example, if the child runs up to you and hugs you, you can say something like "You look happy to see me, I'm happy to see you too." Labelling children's feelings as they happen helps them to build their feelings vocabulary. Look for opportunities to 'read' other people's emotions too, eg: "Do you think they are feeling grumpy? How do you know?"

STEM Focus

Science, Technology, Engineering and Mathematics.

Origami is a wonderful skill to demonstrate all aspects of STEM. In the story the characters make their own boats to float their grumbles away. You can learn some simple origami from a book or online video.

<https://medium.com/stem-little-explorers/how-to-make-an-origami-boat-stem-little-explorers-29c1987a9b1>

What will children develop and learn?

- Hand-eye coordination
- Attention and concentration
- Math concepts, geometry, proportions, and fractions
- Confidence and resistance to frustration
- Logical reasoning and problem solving
- Creativity
- Patience

Goodbye

Conclude the session with some suggestions of books that parents might want to share with their children. The Little Big Book Club suggests the following books to support learning in this area. If your library has copies, make them available for families to borrow or include them in your story time session.

For more stories to share, we recommend the following titles:

- **The feelings book** by *Todd Parr*
- **It's okay to feel this way** by *Sara Biviano*.
- **What's in your heart today?** by *Louise Bladen and illustrated by Angela Perrini*.

An Activity Time for this book is available to download for FREE from our website. This is a great resource to share with families, you are welcome to print and distribute as necessary.

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 choice.

Goodbye

This is the way we say goodbye (wave) say goodbye, say goodbye

This is the way we say goodbye to all our library friends (or) (to our friend.....)!