

WEEK 1: Focus & Self Control

Summer Success

Z is for Moose, Bingham

Little Red Hen Makes a Pizza, Sturges (take home)

[Feel free to amend the asides to fit your personality and style but make sure to include at least 3 in the course of a storytime session. Be specific about the teacher's role related to building essential life skills]

EXPLAIN ASIDE: *Teachers: Today I have 2 books that I will use to promote the essential life skill: FOCUS & SELF CONTROL. We will see how they help children pay attention; remember the rules, and to think flexibly. Our first book, **Z is for Moose**, is very funny but poor Moose has some self-control issues. In our 2nd book, **Little Red Hen Makes a Pizza**, we will see how Red Hen keeps her focus and maintains her self control even when nobody will help her., This is the one that everyone gets to take home for your home library. Children learn by repetition so provide many opportunities for them to hear and enjoy this book before sending it home.*

Read **Z is for Moose**. Identify title, author, illustrator. Draw attention to evidence (or lack of) of focus/self control- relate to children's personal experience.

After reading, discuss Moose's problem, how Zebra showed self control and thought flexibly to solve the problem. Did you expect that? Have you ever gotten frustrated like Moose and acted badly?

EXAMPLE ASIDE: *Teachers: providing opportunities to connect books to personal experience helps children see where they might be like a character.*

Little Red Hen Makes a Pizza. Identify title, author, illustrator. Ask if they know the regular Little Red Hen folktale. Go over what they expect to happen. READ. Pause at key points that illustrate the skill. (Where does Red Hen lack focus and self control?- buys "and...some other stuff", doesn't make a list so she has to keep going to the store...) Ask if they were surprised by the ending. Discuss.

Tell them that this is the book that they will be getting to add to their home library after their teacher reads the book again. Don't forget to write your name on the book plate.

EMPOWER ASIDE: *Teachers: when you read this book again, look for more evidence of focus and self control (or the lack) in each of the characters. Your new book to share with your group is **Wilma Unlimited** by Kathleen Krull. Wilma shows amazing focus and self control as she learns to reuse her paralyzed leg after having polio. It is an amazing true story. You might want to chart all the ways Wilma kept her focus to reach her goal. What motivated her?*

Experiences in the classroom: Teachers, be aware of times when focus and self-control might be particularly difficult for children (waiting in line, during quiet work time, etc.). Teaching strategies to deal with it like taking deep breaths and counting may help.

Extension: Teach and play a game like *Simon Says* or *Simon Says Do the Opposite*, *Red Light*, *Green Light*, *I Spy* and provide rationale for how it supports focus and self control.