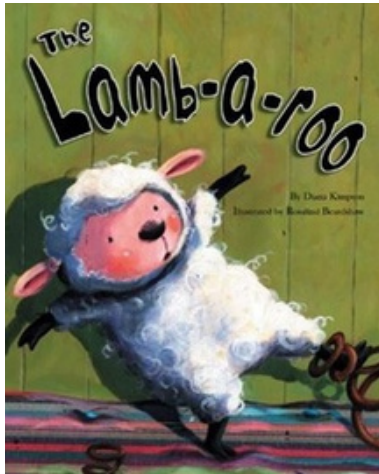


Book Nook



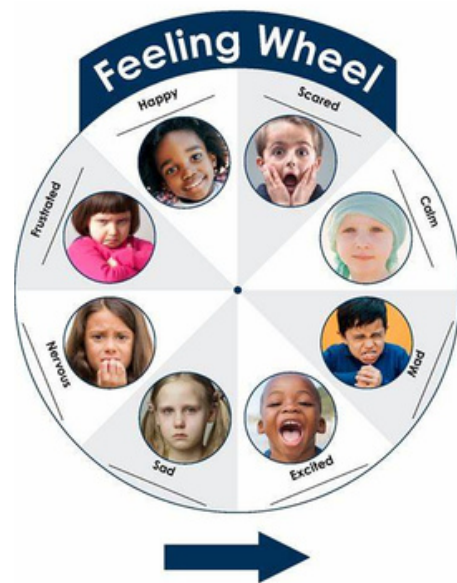
Friendship skills – identifying and celebrating differences

Emotions – love, happy, safe, worried, lonely, jealousy, valued, sad, frustrated, joyful

For our Autumn Book Nook, we are showcasing **Lamb-a-Roo by Diana Kimpton**. You may recognise Lamb-a-Roo as featured in the video demonstrating emotional literacy during story time. Enjoy the footage through the link at the end of this Book Nook.

For more Book Nook ideas remember to explore NCPMI

- **Emotional Literacy** – Lamb and Kangaroo both discover a way to connect – Lamb being lonely and hoping for a connection, and Kangaroo wanting to parent / care for a ‘baby’. There is opportunity to be curious about how you may feel many different emotions at the same time. While Lamb feels loved, safe and happy, he is also worried. Use of resources like the Feeling Wheel, Feelings Cube, and Feeling Faces (all found on the NCPMI website) during or after reading the book, will help the children identify Lamb’s experience in a humanistic way.
- **As a transition activity, following the reading of Lamb-a-Roo, children could be invited to spin the wheel, and connect with pages in the book to either act out or point before moving off to the next part of the routine.**



- Further extension of the emotional development experienced by Lamb can be pulled out of the SE Continuum. This may help make sense of stages of development, and how we go through these stages into our own sense of self.
- **Problem Solving Skills** – Lamb and Kangaroo explore solutions to what they each deem to be the ‘problem’ of being different. They each try different solutions to their problem. Adapting the Problem Solving wrist cards to suit Lamb’s conundrums, can extend the conversation to the questions Is it safe? Is it fair? How will everyone feel? Applying this to Lamb jumping into Kangaroo’s pouch, playing with his new friends, and changing himself to include springs on his legs can be discussion that is promoted at lunch tables, puppet play and more.

Book Nook



Problem Solving Steps Wrist Cards



- **Friendship Skills** – Lamb and Kangaroo are happy when they interact with each other and others. They both appear to feel more confident when they have one another. With a big undertone of families and their own differences, the book offers a chance to also explore individual differences and how they can make us feel alone or isolated until we develop a sense of self and celebrate uniqueness and our own strengths. This can help friendship skills develop without jealousy or comparison. Creating individual ‘piggy banks’ for identifying individual interests can promote friends making ‘deposits’ specific to their friends. Sharing this concept in a Think-Pair-Share experience will help embed this throughout the day. As a group:
 - **Think** – What would fill Lamb’s ‘piggy bank’?
 - **Pair** – With a partner explore what is obvious about Lamb – what makes him happy and safe?
 - **Share** – with the group discuss eg Playing with him, spending time snuggling (in a pouch!), telling him how great his four legs are, staying at his level for some games and not all jumping off together.
- **Self Regulation** – Connectedness can support emotional regulation. Safe in Kangaroos pouch, Lamb felt calm and stopped being distressed by loneliness and fear. As he grew up, he developed an understanding that he could problem solve on his own to support his regulation, and felt connected enough to Kangaroo to share his grief and seek that connection once again at the end of the book. Perhaps this book is the ultimate in Circle of Security!

Watch educator Naomi share Lamb-a-Roo during a group experience with emotional literacy and friendship skills throughout.

<https://www.youtube.com/watch?v=ZxqspSfvLDk&t=5s>

