

AP Solver6 #1 For Families: Gratitude & Wonder



Story Book Suggestion Title: We're All Wonders

Chapter Book Title: Wonder

Author: R.J. Palacio

Solver6 SEL skills of Focus: Gratitude, compassion, bully prevention, resilience, friendship, kindness.

Recommended Age: 4-10 yrs. (adapt discussions and projects to age of child(ren))

About the suggested books & author: *Wonder* was made into a Motion Picture! The unforgettable, bestseller has inspired a nationwide movement to *Choose Kind*. With the collaborating picture book, *We're All Wonders*, parents and educators can introduce the importance of choosing kind, having gratitude and becoming more compassionate to younger readers with the gorgeous picture book, featuring Auggie and Daisy on an original adventure.

Supplies Needed:

- Book: *We're All Wonders* or *Wonder* by R.J. Palacio
- Paper or canvas
- Watercolor paint
- [Do-A-Dot art dotters](#).
- Colored pencils, regular pencil & eraser

We CENTER.

We suggest a 3-5 min **STOP. LISTEN. BREATHE** quiet family connect practice before you begin your Solver6 For Families Activities! It is now well established that social emotional skills, including the ability to build self-awareness and self-management play an integral role in academic and life success. Mindfulness is an exceptional tool. When parents offer these life tools to their children at young ages, and model the use of them, they offer their children more opportunities to thrive in the 21st century they live in! **The AP Centering Practice Sequence:**

1. **STOP.** *We stop what we are doing.* Family members stop what they are doing and sit in a comfortable position.
2. **CENTER.** *We pay attention to our body, thoughts & feelings.* Demonstrate & prompt your children to NOTICE how their body, their thoughts or emotions feel, in the moment. Ask your children to let the thoughts and feelings go, after they notice them, and put their focus on their breath.
3. **BREATHE.** *I breathe to calm down and make good choices.* Have your children focus on the up and down motion of their belly when they breathe in through their nose and then out through their mouth. Careful to focus only on their breath and to refocus if they notice their mind drift back to any other thoughts.
4. **Continue for 1-5 minutes** of calm, quiet time. Then, ask your children how the practice made them feel and how they were able to keep focused on their breathing. Remind them that they can use this helpful tool at school, at home and in life's activities, and even introduce it to their teachers!

We also suggest: [Mind Yeti](#) online guided practice, or if your family needs to get the wiggles out instead, we suggest [GoNoodle!](#)

We're INSPIRED.

Talk about the meaning of the following words with your children, then read the book suggestion, *We're All Wonders* by, R.J.Palacio

Social Awareness: Being socially aware gives you the ability to understand and respond to the needs of others. When you are socially aware, you understand how to react to different social situations, and effectively modify your interactions with other people so that you achieve the best results.

Empathy: the feeling that you understand and share another person's experiences and emotions: the ability to share someone else's feelings.

Community: a unified body of individuals.

Respect: to feel admiration for someone or something: to regard someone or something as being worthy of admiration because of good qualities: to act in a way which shows that you are aware of someone's or something's rights, wishes, or quality.

Kindness: the quality of being friendly, generous, and considerate.

READ

R.J. Palacio's *We're All Wonders* (recommended Pre-K-5th Grade) and/or R.J. Palacio's *Wonder* (recommended age 10-13+ only, tip: this book offers many opportunities to talk with your child, reading the chapter book *with* them is suggested).

DISCUSSION

(Use select discussion points to prompt your family to connect and have a conversation based on your own values and age of children)

- Did you notice in the story, that the author let us know the character's name? Did you see it somewhere? What is his name? (we know his name is Auggie by the image on page 5)
- In the story, Auggie says that his feelings and his dog's feelings get hurt. WHY?
- What did Auggie do when his feelings were hurt?

- How do you think it would feel if people laughed at, stared at, or whispered about you?
- Have you had an experience when you felt hurt by the way others reacted to a different quality or *wonder* you have? How did you handle the situation? (*Instead of offering solutions, further prompt your child with questions that will help them discover conflict resolutions for the next time. For example: "I'm sorry you felt like that. It makes my heart hurt for you. What do you think you could do to let that person know they hurt you or made you uncomfortable?"*)
- Getting our feelings hurt and becoming physically hurt should be handled in different ways. If someone makes you feel un-safe, or physically harms you, what can you do? (after your child answers, offer solutions for your child, ex. seek an adult to help you, pause and think about ways to communicate to others respectfully and discuss safe adults to reach out to.)

We EXPRESS.



Make your family reading time an opportunity to express yourselves through art! Allow this art project & activity to acknowledge and celebrate the different qualities in all of us! Be inspired by R.J. Palacio's illustrations & descriptions from her *Wonder* stories and artist and author Christopher Corr's abstract style to do your own, *unique & individual* family portraits.

ART PROJECT & DISCUSSION

Use the story, *We're All Wonders* to have a discussion while your family designs an abstract self-portrait with *their wonder* as the focal point! (Join the experience and design one of yourself too!)

While you design, utilize the following discussion points for impact

- a. People look different don't they? We are all different! Our differences are what make us all WONDERS! They are the things that make life interesting because we get to discover these things about each other! I like to discover new things, don't you?!
- b. A wonder can be many kinds of things about us. Some people's *wonders* are celebrated, like beauty (trait), how well we play basketball (skill), or how well we sing (talent). Other *wonders* may make people uncomfortable or annoyed, like making noises while we draw (behavior), having one green eye and one blue (difference) or biting our nails (habit). Even if someone's *wonder* bothers us, it is never OK to hurt someone, either their feelings or their body. Learning to view other's frustrating or annoying wonders as opportunities, makes us kinder people.
- c. Share with your child, two unique *wonders* (talent, trait, skill, behavior, difference or habit) about yourself and why you feel gratitude for them or maybe want to change them. Make one really positive, and the other an "annoying or frustrating" *wonder*. Then ask your child to do the same thing about them self. Try to offer your child a positive perspective of their self-reflection, noting that no challenge is completely permanent if we choose to have a positive perspective and put our effort toward that perspective. Create an example of your less desirable wonder and how it can be spun to be an opportunity that leads to improvement. Ex. Joey makes an annoying sound while he draws, but all of his drawings end up so beautiful, so it must be a wonder!
- d. Share with your child why you appreciate the wonders- desirable, and non-desirable- about them!

We SOLVE.

Finding everyday solutions that help our families work together and build life skills is an opportunity to solve! When we give our children *the opportunity to make choices*, they learn how to solve problems. Offer the following prompt to discuss possible solutions your child can utilize when experiencing or seeing another experience a bully interaction.

- a. Because we know it hurts people's feelings if we tease, make fun of, tell secrets or laugh at others, what can you do if you see someone else being treated this way?
- b. Instead of offering solutions, prompt your child to offer their own, compliment their well thought out answer THEN, Offer these solutions to your child from Pacer National Bully Prevention:

Don't participate in the unkind behavior.

Report the incident to a safe adult.

Offer kindness to the child who was hurt.

We CELEBRATE.

Discussing and building opportunities that will allow your family to value *celebrating* the stepping stones of accomplishment, *along the way*, will build optimism and perseverance in your children! As your child develops their art work, offer **simple** positive feedback about their choices, then follow up with comments. Ex. *Josie, I like your idea to use blue for your hair, it's so different and would look great on you!*

We REFLECT.

As a family, use your experience with *We're All Wonders*, to reflect on a time when you or your child needed to exercise patience or kindness when meeting a new person or in having to accept someone else's difference. Ask if they feel their

decision, at the time was the best one, or if it could be improved, because life is all about improvement, this is how we all learn!

Discuss with your child that Auggie didn't choose to look the way he does, and his looks can annoy some people, making it hard for him to make friends. Ask your child their thoughts on some compassionate ways of approaching a child, like Auggie or any child they have interest in meeting, gaining the opportunity of a new friend if your child chooses this kind approach.

Next time you are out as a family, look for an opportunity to meet a new friend, and model this kind, community & friendship behavior for your child!