

AP Solver6 #2 For Families: Deep In The Woods 1



Suggested Story Book Title: Deep In the Woods

Author: Christopher Corr

Solver6 SEL Topics of Focus: Friendship, Social Awareness, Relationship Skills.

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

About the suggested storybook & author: Christopher Corr's Story book, *Deep In the Woods* offers a message of community so simply told that will allow your family to reflect on similar life experiences when a challenge presented itself and required the help of many to solve. Children will have the opportunity to visualize how different we all are, that these differences may require us to change our mindset and work together, and when we do, we can build stronger friendships & more glorious communities! Christopher Corr is an artist, illustrator, writer, educator and author based in London, where he studied at the Royal College. His vivid illustrations will capture and entrance you in his retelling of a classic, *Deep In The Woods*. The story will surely inspire the beauty of community, problem solving, artistic expression and kindness, making your family reading time an impactful memory and life lesson!

© AddyPresLifeSTYLE Corp 2018 All Rights Reserved

Supplies Needed:

- Book: *Deep In the Woods* by, Christopher Corr
- Dark blue or black Card Stock Paper (one sheet for family or one for each member)
- Pencil & eraser for each artist
- Paint Brushes (fine and medium)
- White, purple, black & pink acrylic craft paint
- Do a Dot dotters in neon color set or round sponges and watercolor
- Ultra fine tip black Sharpie marker

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!

© AddyPresLifeSTYLE Corp 2018 All Rights Reserved

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, *Deep In the Woods* by, Christopher Corr and have a family discussion!

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.

READ:

Christopher Corr's, *Deep In the Woods* (recommended age 4-10+)

DISCUSS

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

- a. Discuss examples of how the mouse, in the beginning of the story, showed respect for the little wooden house.
- b. Offer ways that your family shows respect for your home.
- c. Discuss the diverse qualities of all the animals. Do they all look the same? Do these different qualities seem to sway the animals from wanting to become friends?
- d. When the bear comes upon the house and sees all the other animals, how does he feel? How do we know this?

© AddyPresLifeSTYLE Corp 2018 All Rights Reserved

- e. Were the other animals welcoming to the bear when he first arrived? Did the other animals help the bear feel "part of the group"? WHY do you think they weren't? Maybe they didn't know how to be? Offer your child ways they could effectively approach others in friendship.
- f. Discuss what was different about the bear than all the other animals.
- g. Have you ever been in a situation that you felt left out? How did you assert your wish to be included? [offer solutions. Ex. seek an adult to help you, pause and think about ways to communicate to others respectfully.]
- h. What was the BIG PROBLEM in the story? How did the bear's *different* qualities end up contributing to a *better solution* at the end of the story? How did the characters work together? Use this opportunity to discuss the value of our communities and the great qualities that can be found in our differences that ultimately contribute to happier friendships and better lives.
- i. Point out to your child that, in life, things don't always go the way we think is the best way, but having an optimistic perspective helps us see that there are other ways of doing things that can have good outcomes as well.
- j. What did the characters do to show appreciation for everyone's hard work, how did they celebrate together?

We Express.

Make your family reading time an opportunity to express yourselves through art!

ART PROJECT

Use the story, *Deep In the Woods*, to inspire your family's *dream* house! Instead of the dream of a mansion in Malibu, inspire your kids to think beyond materialism to develop what a dream house would be for **your family**. What HUMAN qualities make your house a *dream*, and what qualities or activities do your children dream to have or feel in your home, that could use some family work? For example: *Maybe mom tends to yell when kids don't clean up. But in your dream house, kids would respect common space, cleaning up their things & mom would have the self-management to refrain from yelling.* Design a house that uses imagination in its design and spend time talking about the unique qualities each family member contributes to make your home a *dream*, and

© AddyPresLifeSTYLE Corp 2018 All Rights Reserved

which of their unique qualities could use some work, because we all could! Work together to find solutions that will build these better qualities & will make your home a dream come true, or at least better!

We offer the following *Dream House Art Project Directive*



- **Step 1:** Use Do a Dot art dotters to cover entire cardstock page. LET DRY COMPLETELY.



- **Step 2:** Use pencil to sketch design of dream house and windows over DRY Do a Dot paint. Make sure there is a window to represent each family member. Later, you will add unique qualities of each family member that are a dream, and ones that need work.



- **Step 3:** Using paint, outline the shape of your family dream house, leaving gaps for the do a dot paint to show through. Read We SOLVE section to determine the color significance of your dream house's front door. Let Dry Completely for next step.



- **Step 4:** Use paint to add details to your family dream house. Children should feel free to do their own version of the details, whatever inspires them.



- **Step 5:** Designate a window to each family member, use an ultra-fine tip, black Sharpie to add the unique qualities of each family member that are a *dream*, and ones that *need work*. If you'd rather not write on your art, use the back to write these conversation starters!

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. **Use the Solveró art project to put special value in the color of your dream house's front door**... let your children discuss and choose a color that will become your family "code" that can serve as a gentle reminder for each family member when they exhibit a "work in progress" quality. You can use this discussion time to determine, for each family member, a quality that *needs a little work* for your dream house to be a *dream*. For example, paint your dream house's front door magenta and the next time you start yelling to have the kids pick up their shoes, they can give a gentle reminder: "Code Magenta." and you'll remember to use a kinder voice to make your request. Afterward, you can remind your kids that picking up after themselves is a form of *respect* for your home and all who live in it, and you all need to work together to achieve this success. *We suggest the book *Yell Less. Love More* by Sheila McCraith for more tips on the parental goal to stop yelling at your little people... since this is an *all too common* misstep we make in some of our less than mindful moments!

We CELEBRATE.

When you discuss and build opportunities, for your family to value *celebrating* stepping stones of accomplishment, *along the way*, it will build optimism and perseverance in your children! As your child works through homework, a challenge or a social situation, offer simple positive feedback and suggestions that will allow **them** to make choices, then follow up with feedback. Ex. *Jose, I like your idea to include new friends at your lunch table each day! I think this will build new friendships for you.* Or *Susie, I like that you chose to do your homework without my asking, that is really responsible behavior.*

We REFLECT.

As a family, use your experience with our Solveró book suggestion, *Deep In The Woods*, to reflect on a time when you all worked together to achieve a goal. If you can't remember the last time, develop an idea that will build your family's connection! Maybe an *regenerative* organic garden in the back yard would be the perfect addition to your *dream house*?! Do some research on Regenerative Organic Agriculture, and the positive impact it can have on our planet's health and yours! Use a journal to write about some of the positive impacts your family can make for the planet and your health by creating your garden, and talk about them together. Then work together to plan and create what your backyard garden will grow! Learn more about Regenerative Organic Agriculture at www.regenorganic.org and the Patagonia Provisions What If Series, [here](#).