

AP Solver6 #3 For Families: *Deep In The Woods 2*



Suggested Story Book Title: *Deep In the Woods*

Author: Christopher Corr

Solver6 SEL Topics of Focus: Responsible Decisions, Forgiveness, 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, friendship and problem solving that will allow your family to reflect on similar life experiences when a challenge presented itself and required the help of family unity 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 & families! 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!

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Supplies Needed:

- Book: *Deep In the Woods* by, Christopher Corr
- Watercolor paper or canvas
- Pencil & eraser for each artist
- Paint Brushes (fine and medium)
- Acrylic craft paint or other preferred art mediums
- Do a Dot dotters, if preferred

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!](#)

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We're INSPIRED.

Talk about the meaning of the following terms 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.

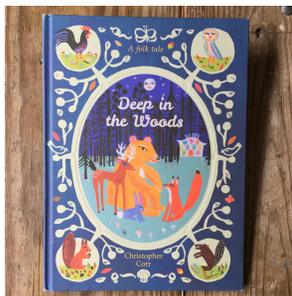
Relationship: The state of being connected.

Forgiveness: the action or process of forgiving or being forgiven.

Relationship Skills: When we have good relationship skills we can communicate and get along well with others, express ourselves kindly and effectively and show forgiveness to **work well with others**. Building these skills takes time, effort and guidance.

Responsibility: having the duty to deal with something.

READ



(or re-read story if you completed AP Solver6 # 2 Deep In The Woods 1)

Christopher Corr's, *Deep In the Woods*

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. Did you notice in the beginning of the story, how all the animals were **polite to each other** and **communicated their feelings** with words?

Offer page example: "Notice how the rabbit saw the little wooden house and **thought** it was a *perfect* home, so she approached the house, knocked **politely** on the door and **used her voice** (or *appropriate communication*) to introduce herself and **assert** what she wanted for herself, then she was politely welcomed in to the house..."

- b. And then, when the big bear came along, because he heard everyone playing and having a good time, so he used his voice to ask if he could enter the house, but was told no, because he couldn't fit. How do you think this made the bear feel? [left out, sad] And what kind of behavior did the bear have after he was denied an invitation to the house where everyone was? [aggressive, forceful behavior].
- c. When others do things that hurt or frustrate us, it can be difficult to act calmly toward them, or to make good choices in our behavior. It can also be hard for others to forgive our reactions, if they are affected by them.
- d. If the other animals didn't forgive Bear, they may never have discovered what the bear had to offer them all... which, eventually turned out to be an even better house. So it's important to seek forgiveness and to offer it. **Forgiveness** can lead to great opportunities and **working together** helps us meet everyone's needs.
- e. Did you notice how bear had to be *responsible* in owning his actions and **their consequence**, when he crushed the other animal's house? This was likely really hard to do, it is for everyone. But, when we make unfavorable choices, we can only learn from accepting that it wasn't a great choice and try to make better ones next time. [offer your child the opportunity to share how they might own responsibility and what tools they might have to make better choices]

We Express.

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

ART PROJECT

Choose an animal from the story, *Deep In The Woods* or from the wild that has unique qualities. Reflect on the contribution your animal choice made to the community in the story or makes in the wild using it's unique difference. Talk about how each of your family members are responsible in different ways that contribute to your family. Then, inspired by artist and author Christopher Corr and our AP example below, sketch and paint an animal portrait with creativity... try to inspire your kids work with an "outside the box" perspective instead of what the animal "should" look like.



Step 1: Show your children story book animal artwork examples for inspiration.



Step 2: Using pencil and eraser, allow and assist your children to **sketch** their selected animal head portrait or their own animal sketch, then retrace with black Sharpie. Using pencil, add "sections" and details to animal portrait for design. See image example.



Step 3: Use selected art mediums to apply design details to portrait. Let dry completely. Once dry, if desired, add outline details.



Step 4: with inspiration from the book, and if desired, create a colorful backdrop landscape to polish off your animal portraits.

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 and even to fail*, they learn how to solve problems. While you complete your art project together, prompt your child to think of a time when they made a choice that had a consequence that affected a friend or family member in a negative way. Ask them about

the experience, how it felt for them and how they *owned responsibility* and sought forgiveness. Ask them if they felt OK about the end result or if there were things they could have done better. Share an example of when you made a mistake, how it felt and how you made a responsible choice to solve the problem, even if you weren't responsible in the first solution choice and had to go back to make a better choice.

We CELEBRATE.

Offering your children the opportunity to **notice, discuss & celebrate difference with you, will allow them kinder perspectives in their own social experiences.** *Deep In The Woods* presents many different animals celebrating and living together in a happy community, until one animal's difference upsets the balance of the community, when the other animals must *open their minds* to see opportunity in this difference. The animals are not accepting at first, because it can be difficult to accept change, later learning that the very same difference, *the bear's size*, is the contributing factor that solves a community problem. Through the experience, the animals all learn that opening their hearts & minds led to a better home *for all and a new friend*. Make your Solveró experience an opportunity to discuss that differences are enriching for our lives and each new person we welcome into our life, holds a treasure to uncover!

We REFLECT.

As a family, use your experience with *Deep In The Woods*, to reflect on the responsibilities of each family member and how they contribute to your home. Talk about ways you all work together to help the flow of your household and offer gratitude for each member's contribution. Does the weight seem heavier on one or more members? Take the opportunity to point this out and even things up. If chores aren't an issue, encourage helping through volunteerism and plan something you can all do together this month to help someone in need!

BONUS

Use the following animal sketches to create trace-ables for your animal portraits!

