

AP Solver6 #4 For Families: *An Awesome Book*



Suggested Story Book Title: *An Awesome Book*

Author: Dallas Clayton

Solver6 SEL Topics of Focus: Self-Awareness, Self-Management, Responsible Decision Making, Social Awareness, Relationship Skills.

Recommended Age: 5+ (adapt discussions and projects to age of child(ren))

About the suggested storybook & author: Dallas Clayton is an author, illustrator and creator! *An Awesome Book* was written to inspire and celebrate the imagination and does just that! We use the book to inspire parents to enable the imagination of their children so they can do great things!

Supplies Needed:

- Story book: *An Awesome Book* by, Dallas Clayton
- Watercolor paper or canvas
- Pencil & eraser for each *artist*
- Paint Brushes (fine and medium)
- Acrylic craft paint, clay or other preferred art mediums
- Do a Dot dotters, if preferred

We suggest the following background information for Parents:

Before experiencing this Solver6 as a family, please explore the research we've compiled for you, on the challenges facing the health of our oceans. These challenges affect us all and need our attention. Building skills and creating opportunities to explore how your children can make a positive impact for these challenges is of great value. **We suggest the following: two articles:** [The Ocean has issues: 7 Biggest Problems Facing our Seas, and how to fix them](#) by, Jaymi Heimbuch for Tree Hugger.com and [The Five Biggest Threats to our Oceans](#) by, Greg Stone for the Huffington Post.

Visit: [NASA's Global Climate Change Site](#) AND [Patagonia Provisions What If Series](#).

Watch: *A Plastic Ocean* available on Netflix and *Chasing Coral*, also available on Netflix.

Read: AddyPres LifeSTYLE Parenting Article: [Remember Dr. Seuss' The Lorax? We're There!](#)

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 following terms with your children, then read the book suggestion, *An Awesome Book* by, Dallas Clayton 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.

Civic Leaders: people who volunteer their time, skills, knowledge and enthusiasm to make the quality of life in communities better.

Community: a unified body of individuals.

Environmentalist: a person concerned about environmental quality and especially with controlling pollution.

Pollution: the action of making un-pure.

Eco-system: a system made up of an ecological community of living things interacting with their environment especially under natural conditions.

Habitat: the place or environment where a plant or animal naturally or normally lives and grows.

READ



An Awesome Book, by Dallas Clayton

DISCUSS

Use our story suggestion to inspire your children's value of their imagination! Engage them with the understanding that *ideas are tools* that contribute to solving problems and some of the most creative ideas lend opportunities for *real world solving*, *activism* and *civic leadership*. Select discussion points based on the age of your children and your family values.

- a. Look how creative the illustrator, Dallas Clayton is with his *candy cane machines*, *magic watermelon boats* and *musical baboons*! These aren't real things, but they have pieces of reality that are interesting and fun because of the illustrator's imagination.
- b. Our imagination is an amazing tool we can use to make ordinary things EXTRAORDINARY! Then we can use these extraordinary ideas to create real life opportunities or to SOLVE PROBLEMS.
- c. [notice the page with musical baboons] See how the Musical Baboons from the story represent an imaginative idea? This idea of dancing baboons, COULD become a concert YOU plan for a **cause** like saving our oceans (define a concert fund raiser to your child). These ideas can simply begin as a fun sketch!
- d. I LOVE hearing your imaginative ideas! Great thinkers use their imagination to inspire experiences of their life & behavior. You can always feel comfortable to share your ideas with me! (make a promise to avoid humiliating or mocking your child if they want to share creative ideas. Unfair criticism and sarcasm can make children feel bad about themselves, losing confidence and weakening your mutual bond of trust.)

We Express & We Solve

Make your family reading time an opportunity to express yourselves through art and solve world problems too!

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 or reflect on failure*, they learn how to solve problems.

DISCUSS

Revisit the concept of *imagination playing a role* in solving real world problems. Discuss with your child that, as people of the planet, some of the things we've invented for our human convenience negatively impacted the *ecosystems* of our planet, and we need to look at the challenges we now face because of this. By exploring the challenges & their impact, **we can change our behavior and work toward solutions**. Discuss that many people, experts and scientists are learning more about these challenges so we can all work together to fix them and we're learning so much from the process.

Using the suggested background material provided above and your own research, introduce your child to the challenges facing the oceans, in an **age appropriate** conversation. We offer 4 main challenges to guide you: **overfishing, habitat destruction, pollution, and ocean warming due to emissions**.

Use technology to look up these 4 challenges, defining the problems, some of the animals and plants the challenges are affecting and some of the solutions experts and scientists are offering to solve the challenges. Discuss, together, some simple things your own family can do to participate in solutions, like walking to school instead of driving or turning lights off in rooms that are not in use and eating less meat, especially red meat. Talk to your child about how these conscious behaviors trickle down and help solve the challenges! Ask them about the solutions that might come to their mind!

EXPRESS With an ART PROJECT



Like Dallas Clayton, let your child's imagination work toward solving an ocean challenge! Work with your child to consider the challenges you discussed and be *wildly creative* in painting, drawing, sketching or molding with clay, a solution idea to one or more of the challenges. *If you need more background information on the challenges, to further inspire solutions, see *Additional Information* below.

We CELEBRATE.

Offering your children the opportunity to **notice, discuss & celebrate difference or other perspectives, will build their social awareness and offer opportunities to make kinder choices in their social experiences**. Invite your child to talk with you about some of the specific animals who *live in a different world* than we do and are being impacted by ocean challenges *we are* impacted, how these animals must feel and why it is so important for human behavior to change to support the animal's home becoming healthy again.

Compliment and celebrate your child's perspectives with clear feedback, growing their ability to be compassionate for others. **Ex.** *I can tell you really care about the animals who need our help because of all the ideas you've shared. This makes you a caring person and I am proud of you for your compassionate attitude.*

We REFLECT.

As a family, use your experience with *An Awesome Book*, to reflect on all that you've learned about the challenges facing our oceans. Talk about ways you can all work together to participate in making an impact for change. Research some of the organizations that are doing this work and see if there are volunteer opportunities in your community or child's school that will make a lasting impact on you, your children and our communities, both on land and sea!

You might want to inspire your child to create their own volunteer opportunities! The [YSA Kids In Action Guides](#) and [Disney/ABC Be Inspired kits](#) are great tools!!



Additional Information

Helpful information for parents to discuss ocean challenges with their children:

Challenge #1: *Over Fishing* contributes to extinction and endangering whole species of fish. When these fish are wiped out, other fish who rely on the food source they provide, starve as well, and this travels up the food chain. Current human fishing practices, not only catch the targeted fish but also many other types. It is important to become aware of the fish that are endangered (define) and should not be fished and also how to make more *sustainable* (define) choices in the food we eat.

Challenge #2: *Habitat Destruction* is being caused by human behaviors and choices and is causing the extinction of whole populations of plants and animals, or ecosystems. Currently, fishermen clear underwater forests to create shrimp farms, to support business and restaurant demand, this scraping of underwater mountain ranges is called trawling. Making sustainable food choices will help fishermen start to make better choices and find more sustainable practices that can replace trawling.

Challenge #3: *Pollution* sources that are affecting our oceans are coming from many sources, most, if not all are related to human choices. While this is disappointing, it offers opportunity **because behavior can change!** Some of these sources are caused by how we transport (define) and spill toxic materials into the oceans and, others by irresponsible choices being made in agriculture (define). How humans clear land for agriculture & industry increases toxic and greenhouse gases and makes the earth warmer. It also pollutes rivers and lakes that carry these chemicals out to sea. We need to think of practices that create less toxic and greenhouse waste, enact better practices that work with nature, like regenerative organic agriculture and more responsible practices for disposing of toxic materials and waste & clearing land so chemicals don't reach our oceans.

Challenge #4: *Ocean Warming* may sound nice! I like going swimming in a warm sea, don't you?! BUT, the fish, plants and coral that live in the sea need a specific temperature

to survive. When the temperature rises, the algae that keeps coral reefs alive doesn't survive and neither does the reef. The reefs are very important to both the animal kingdom and humans because they support a HUGE amount of sea life, the same sea life that humans rely on for food and to make a living. What is making the water warmer? The main cause is human choices affecting what scientists call the "greenhouse effect"¹. There is a natural balance to the earth's atmosphere, keeping it's temperature at a level that sustains life. 5 chemicals in overabundance within our atmosphere because of human behaviors are causing an imbalance of nature and contributing to a warming scientists call the greenhouse effect. What is a green house? (define for your child) We can think of the earth as a green house and the atmosphere as the *glass walls* that encompass it. There are a balanced *number of panes* that create a healthy environment, with openings that allow this balance. The human behavior of burning coal and oil to create energy, "*produces more panes of glass*, and causes the "*inside of the greenhouse*" or earth to get warmer and this makes the ocean warmer too because the ocean absorbs most of the excess heat. We need to think of solutions that can change the human behaviors that are "*creating these new panes of glass to form*", we need to think of and enact cleaner ways to create energy. Simply taking your bike or walking to school instead of driving, can make a contribution to lowering emissions that are causing the greenhouse warming effect.