

Howard B. Wigglebottom

Learns to Listen

Follow-Up Activities

Kindergarten/Grade 1

When do you find it hard to sit still?
Have you ever gotten in trouble for not sitting still or doing what you were asked?
What helps you sit still better?
Draw a picture of you sitting still and working quietly.

Grade 2 and Grade 3

When do you find it hardest to sit still?
Have you ever gotten in trouble for not sitting still or doing what you were asked?
What strategies do you use to try and sit quietly when asked? Write down a list of strategies you think could help you listen better.

Grade 4

If others are NOT sitting and listening like you, how does this affect you?
Why is it helpful to have everyone sitting and listening when required?
What strategies do you use to try and sit quietly when asked? Write down a list of strategies you think could help you listen better.

Grade 5

Listening is a skill you likely are a PRO at! Here are some "think about it" questions...
What are some of the ways (when you are listening to another person speak) you can better remember what was said?
If you find your mind wandering, HOW can you get back on track?
What do people need in order to focus well (hint: self-care)?

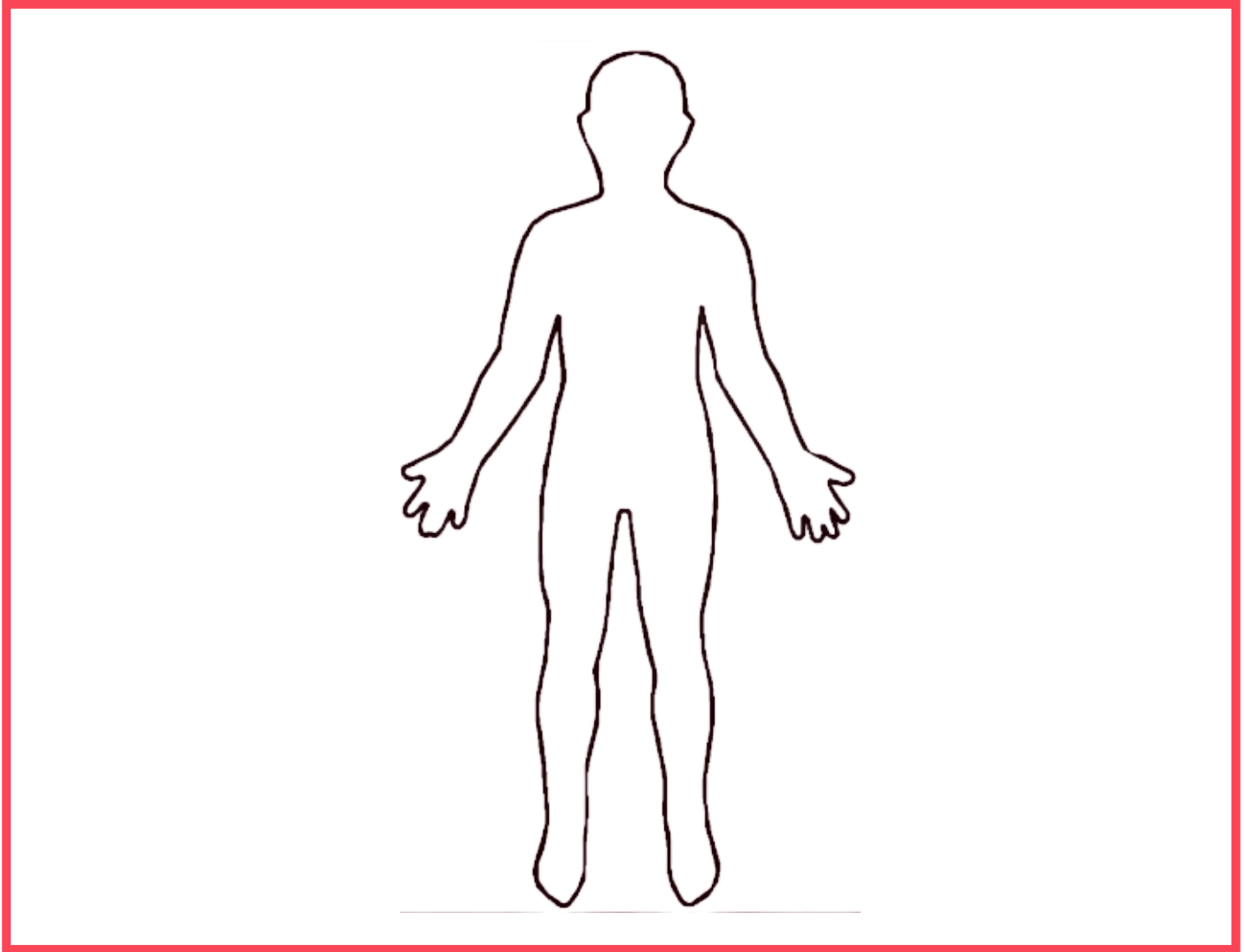


Howard B. Wigglebottom

Learns How to Manage Anger

Follow-Up Activities

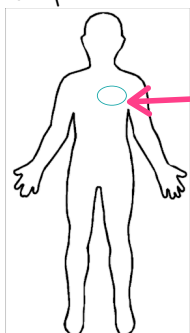
Circle where you feel anger in your body. If you can, describe what happens in the part of your body you circled.



What strategies can you use to help calm yourself down when you feel angry (ex: how you can get back to the GREEN ZONE)? Print or draw your answer.



Example



My heart beats really fast!

I can take deep breaths
to calm down.

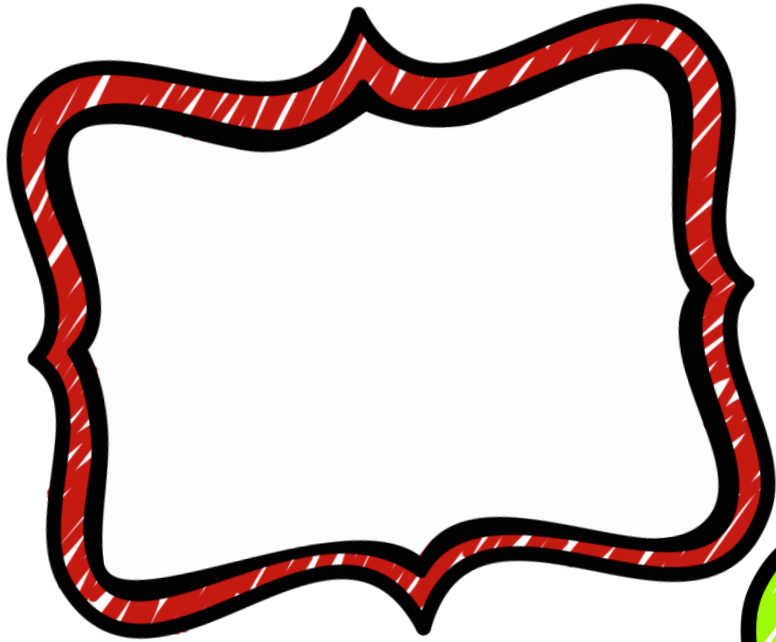


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Learns to Get Along

Follow-Up Activities

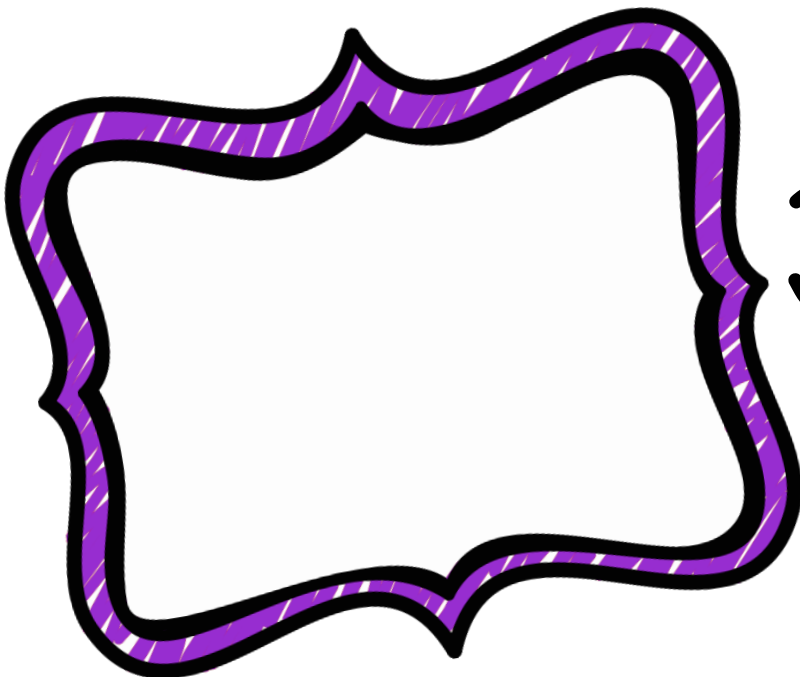
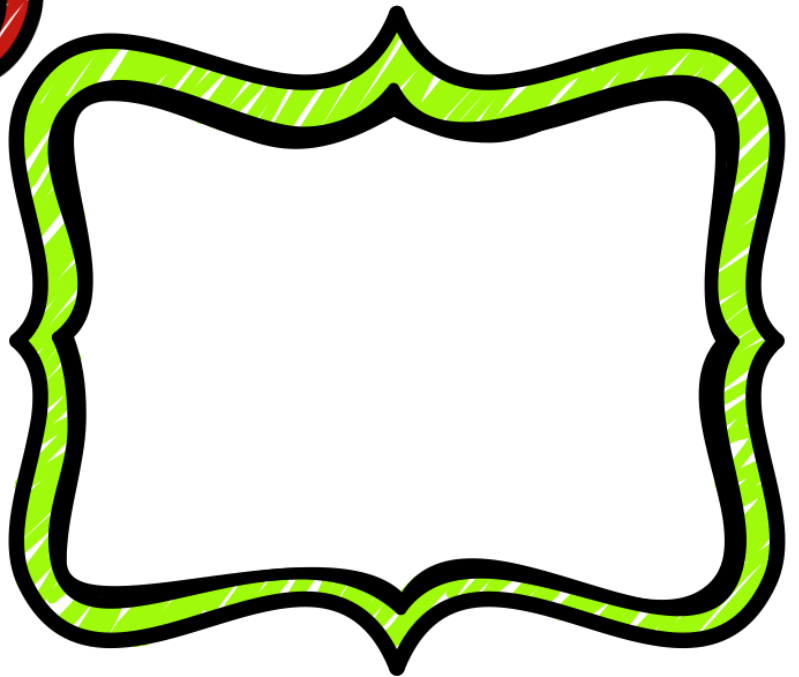
Draw 3 ways you can get along with a friend.



1.



2.



3.

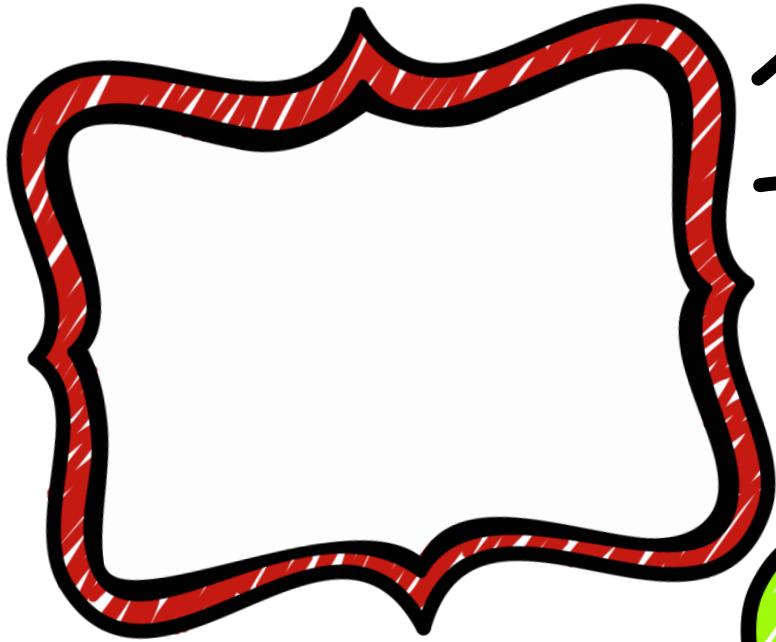


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Learns to Get Along

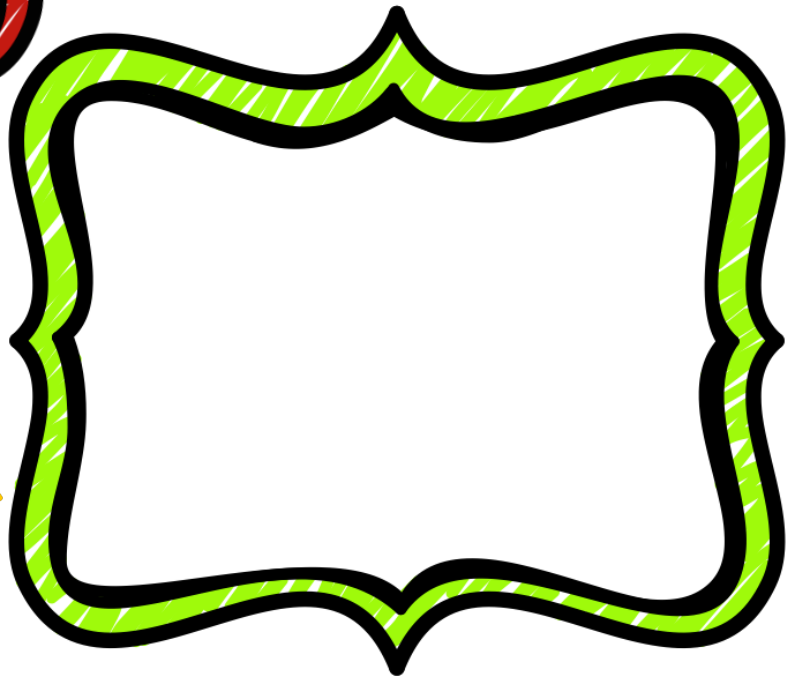
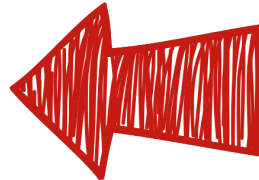
Follow-Up Activities

For each scenario, draw or print what you would do to resolve the conflict.



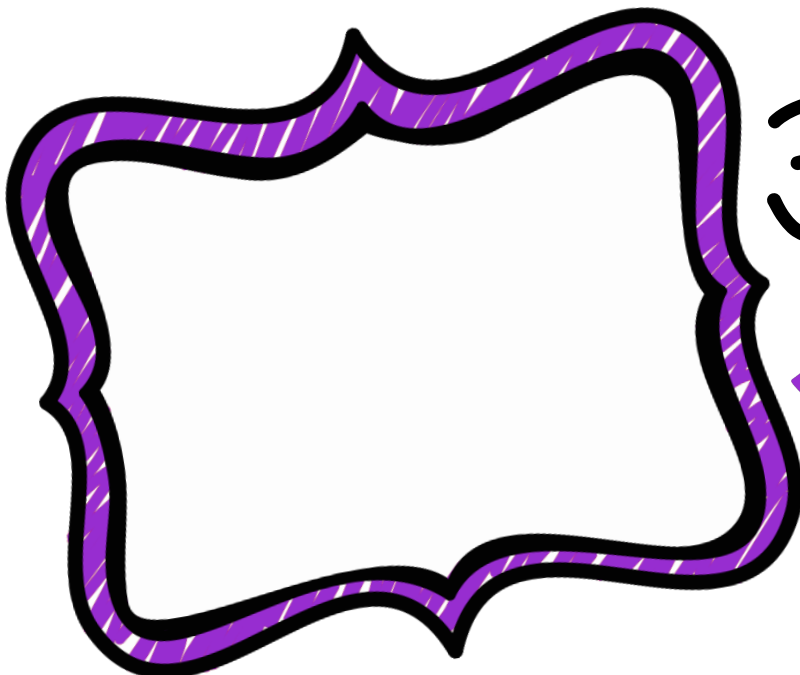
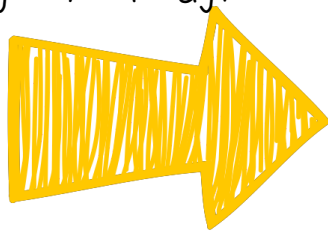
1.

Your friend wants to do one thing but you want to do another. What can you do?



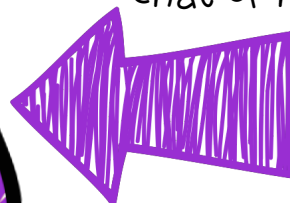
2.

Your friend told you they don't want to be your friend anymore. What could you do or say?



3.

Your friend has been ignoring you when you have wanted to chat or hang-out. What could you do?

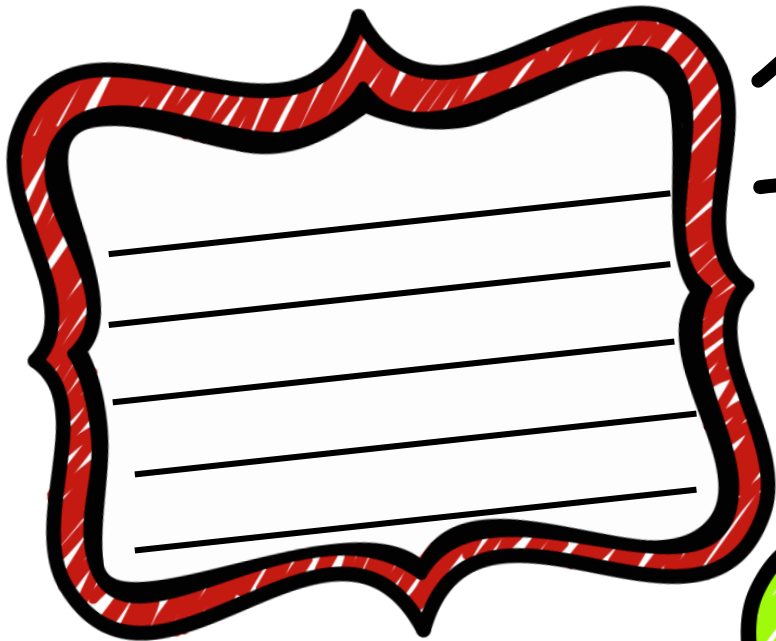


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Learns to Get Along

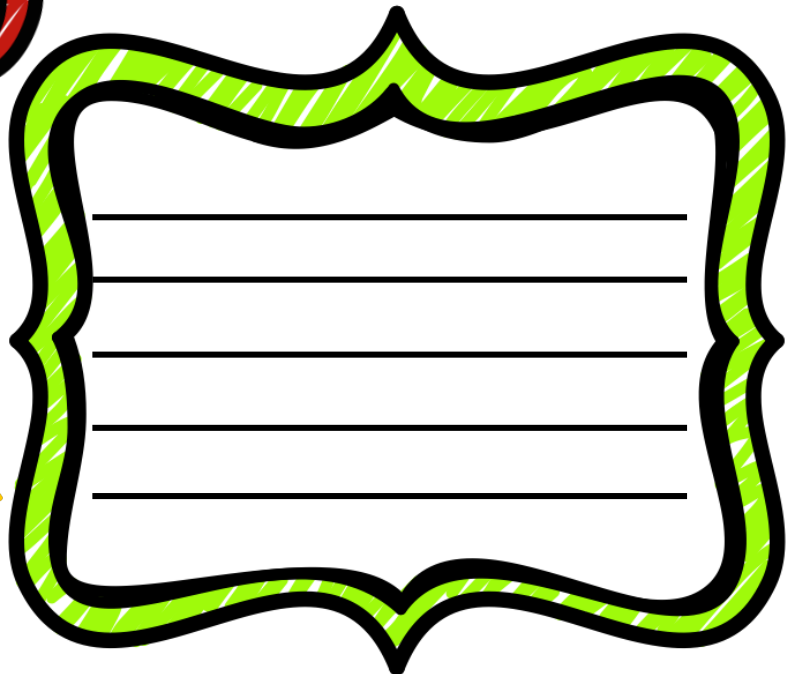
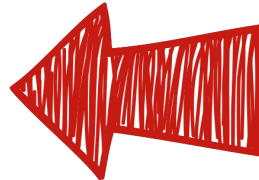
Follow-Up Activities

For each scenario, use your "I statements" to resolve the conflict.



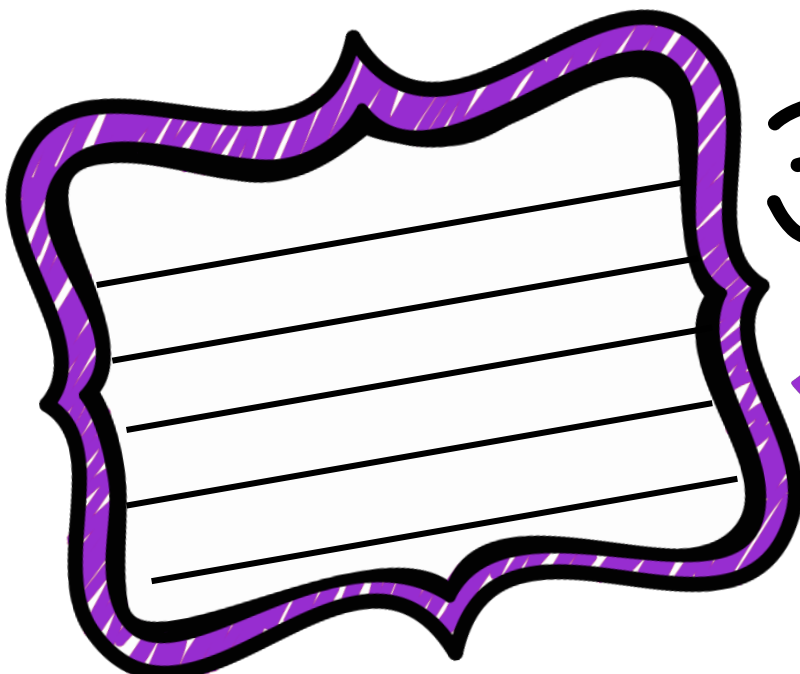
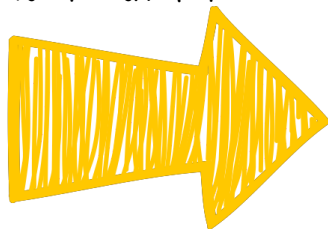
1.

Your friend spoke about you to another friend behind your back in a mean way.



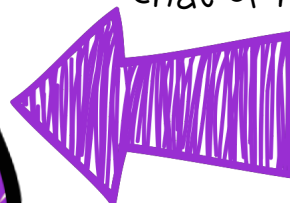
2.

Your friend called you a "drama queen" or another name to your face in front of others.



3.

Your friend has been ignoring you when you have wanted to chat or hang-out. What could you do?



I Statements

I feel...

When you...

because...

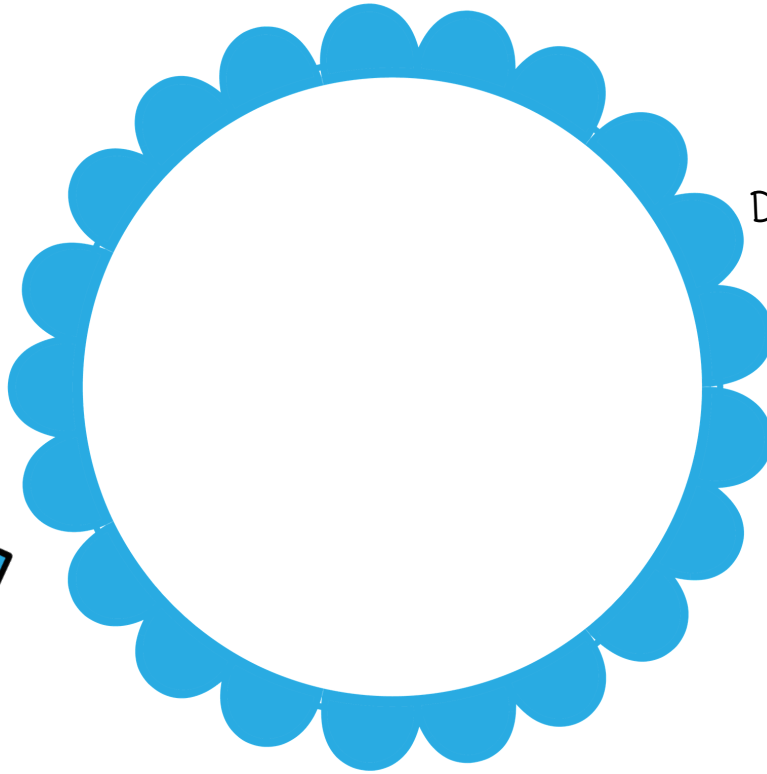
I would like...

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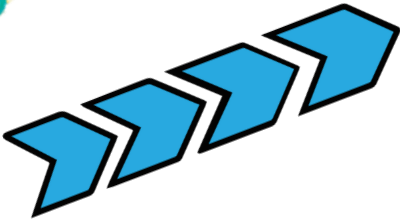
Listens to a Friend

Follow-Up Activities

What did you learn from listening to this book?



Draw or write your answer.

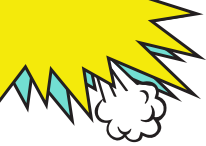


What should your "tone of voice" (how your voice sounds) be when you are talking to a friend who is upset?





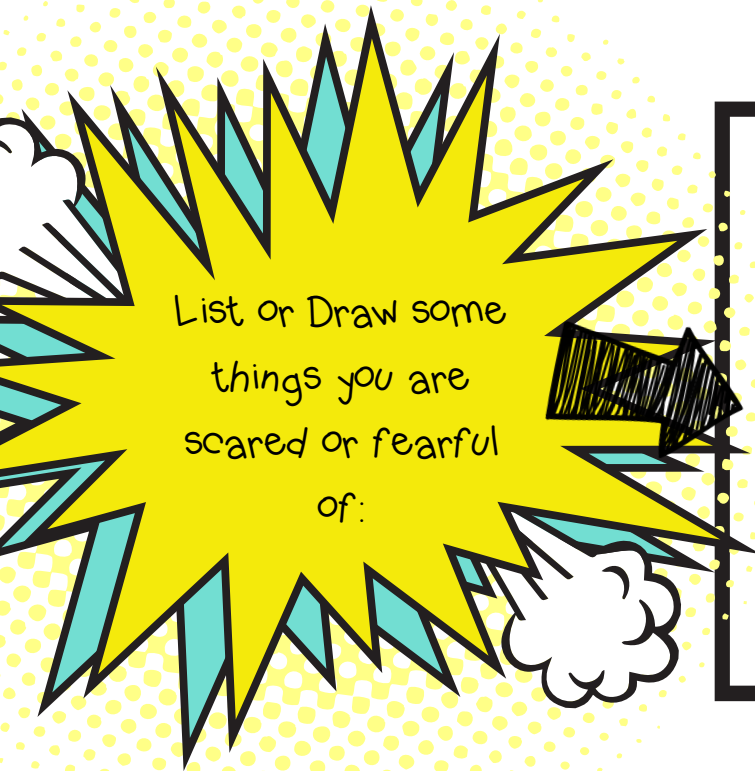
What would you say to ask someone if something is upsetting them?



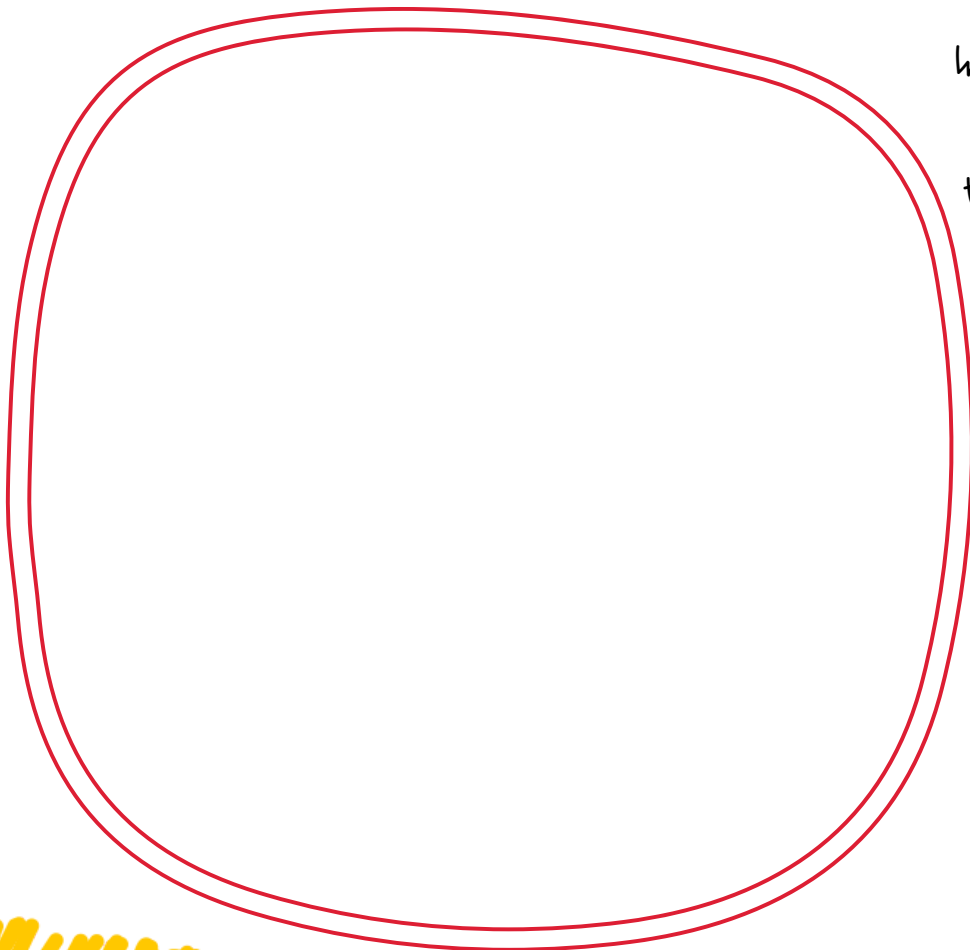
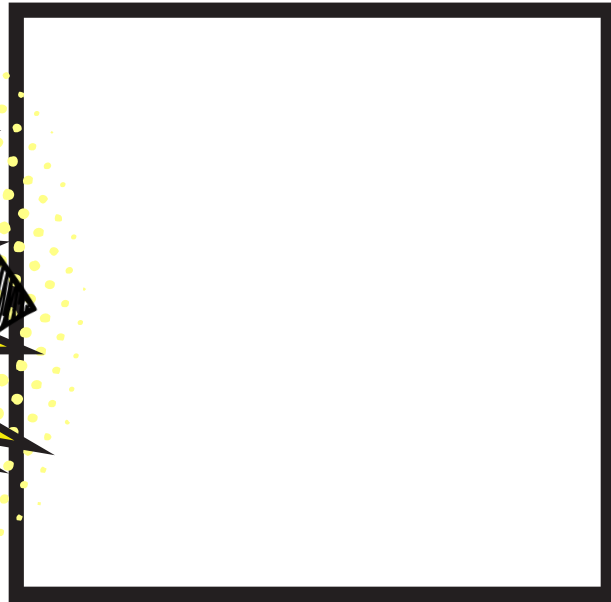
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Learns about Courage

Follow-Up Activities



List or Draw some things you are scared or fearful of:



What did Howard learn about fear? Why is fear a good thing to have? List or draw.

