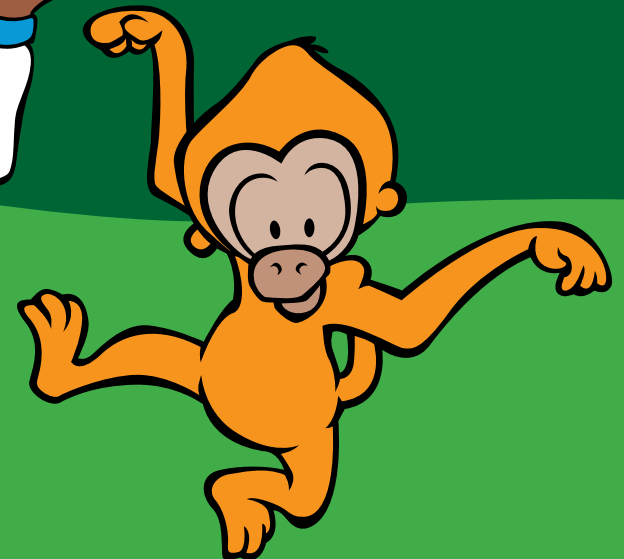
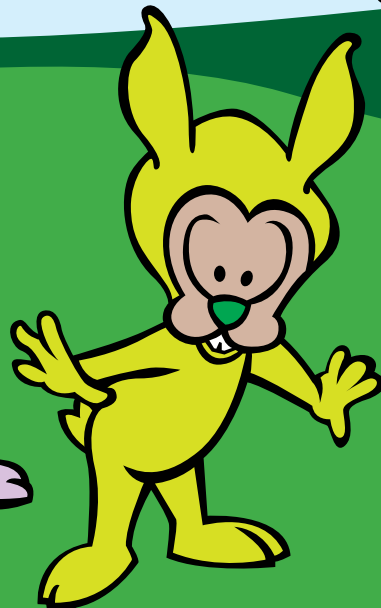
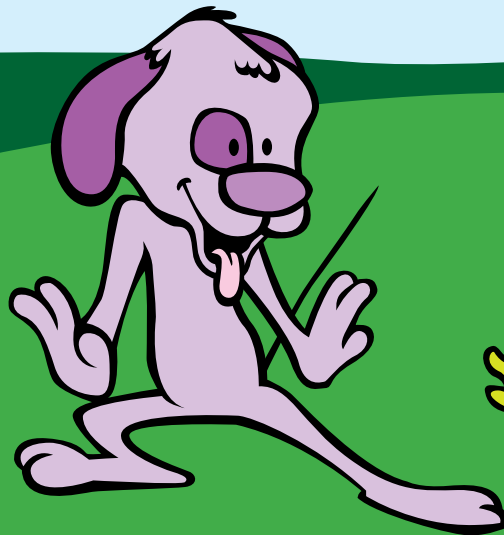




Our Emotions

with Blue and Friends



Written by: Evie Houtz

Layout: Jennifer Kanakos

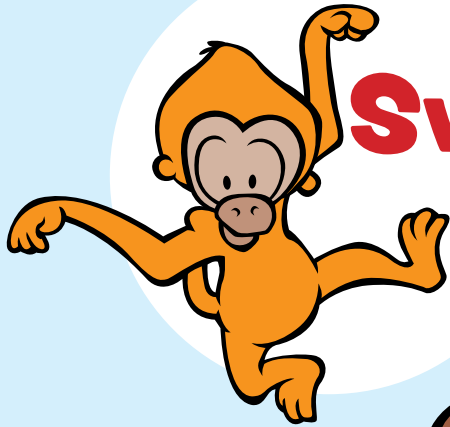
**Special thanks to all those who
helped bring this book to life:**

Rich Rairigh
Lisa Butterworth
Gina Soceanu

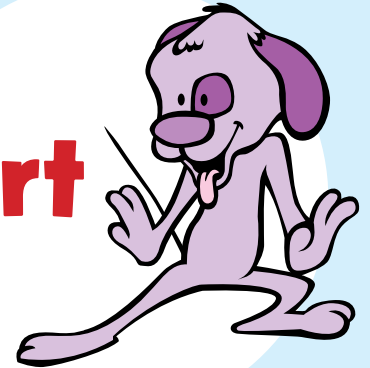


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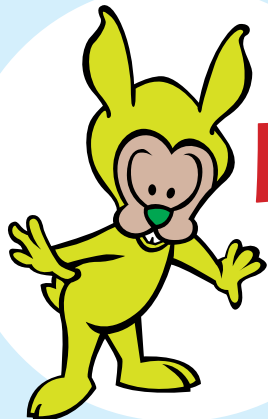
Hi Friends!
My name is Blue,
the Caring Cub,
and these are
my friends;
Dart, Glide, Leap,
and Swing.



Swing



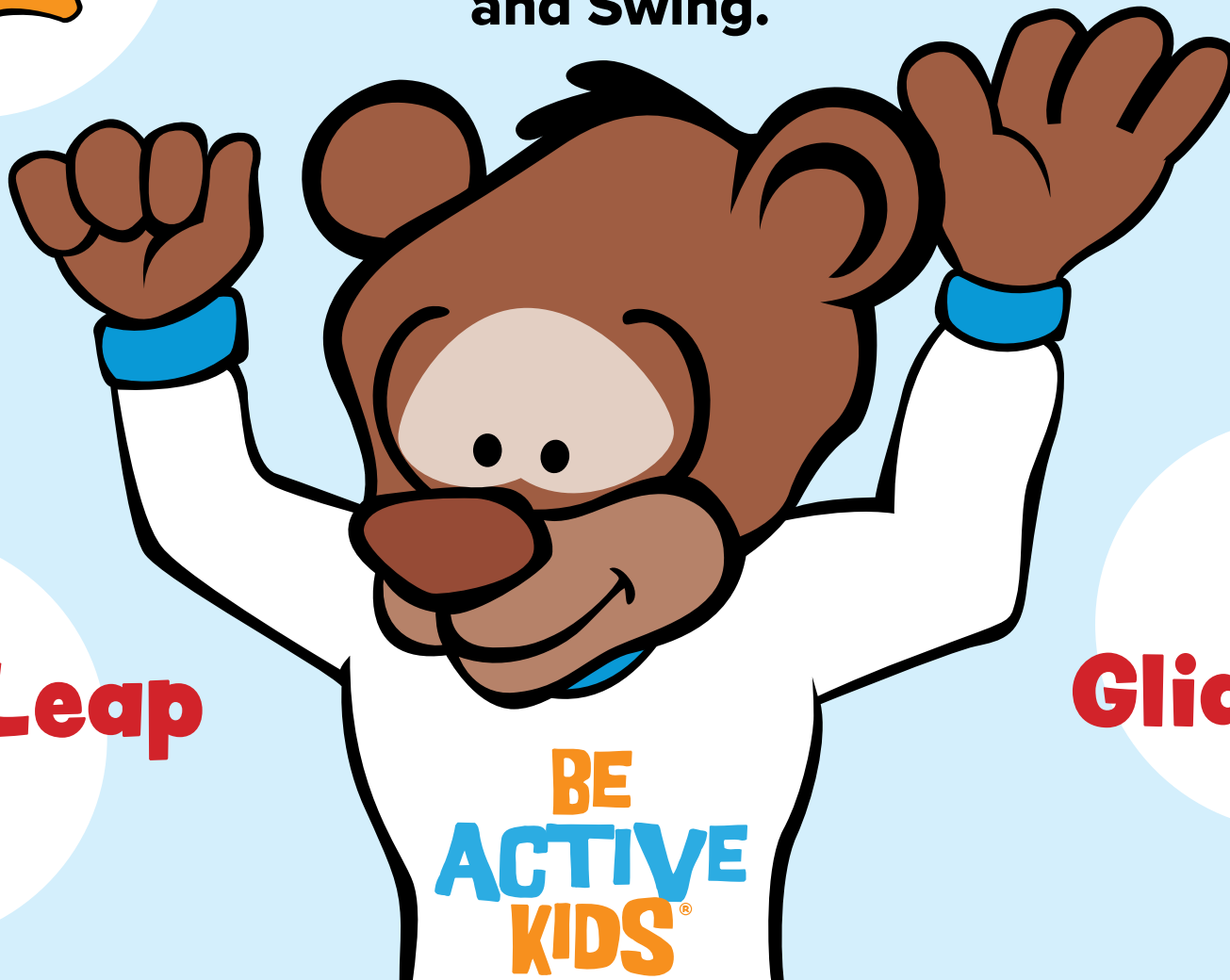
Dart



Leap



Glide

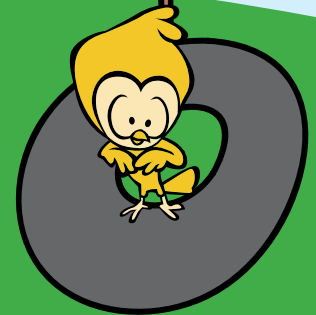
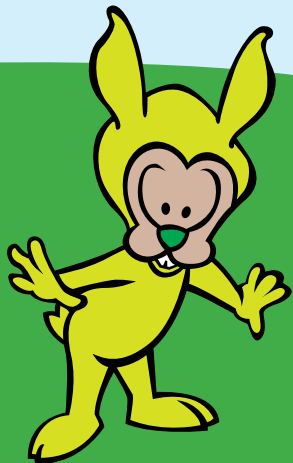


**BE
ACTIVE
KIDS®**

It is a special day
at the park.
Today is Blue's birthday.

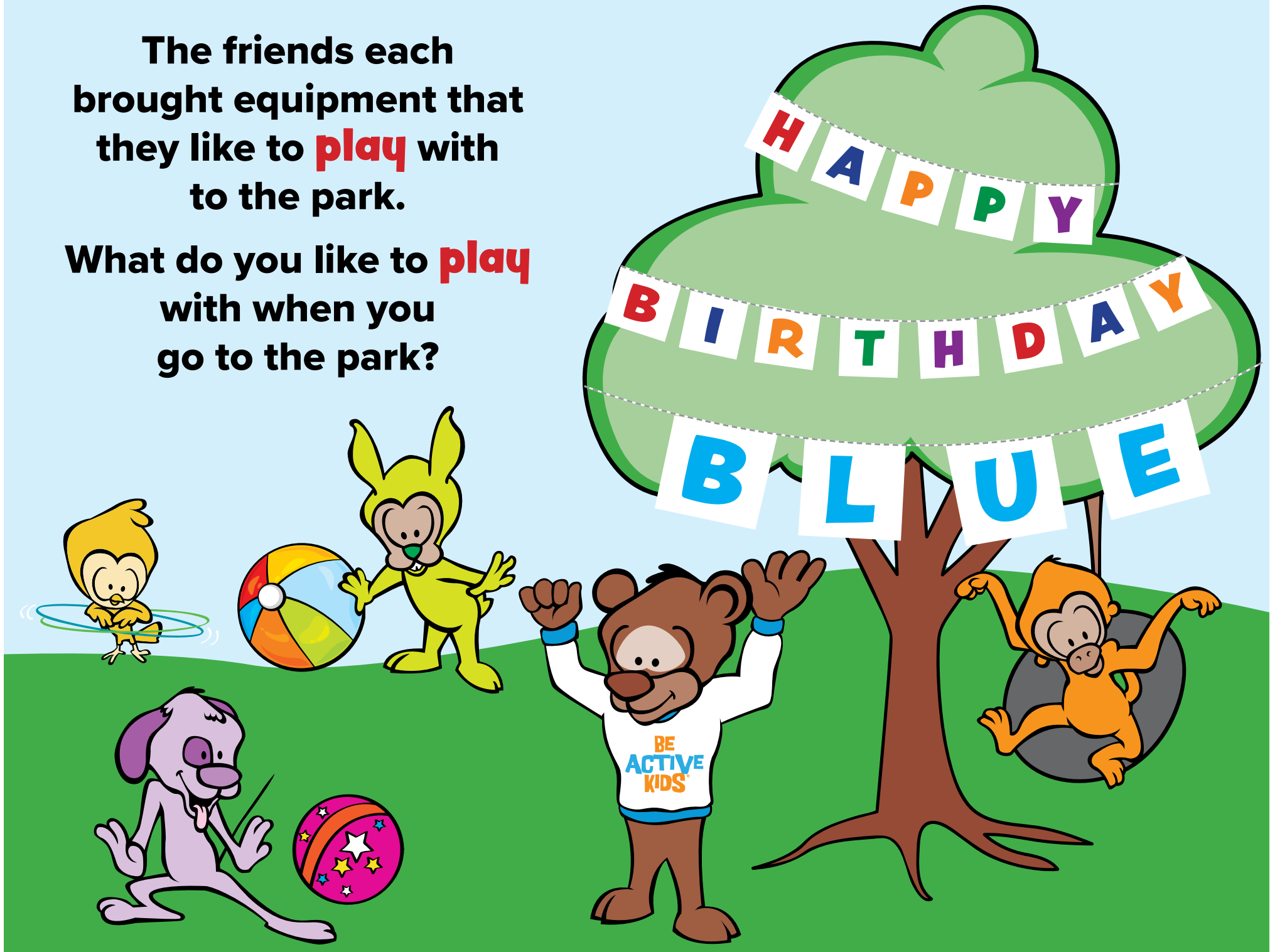
All of his friends are
happy

to celebrate his
special day with him.



The friends each
brought equipment that
they like to **play** with
to the park.

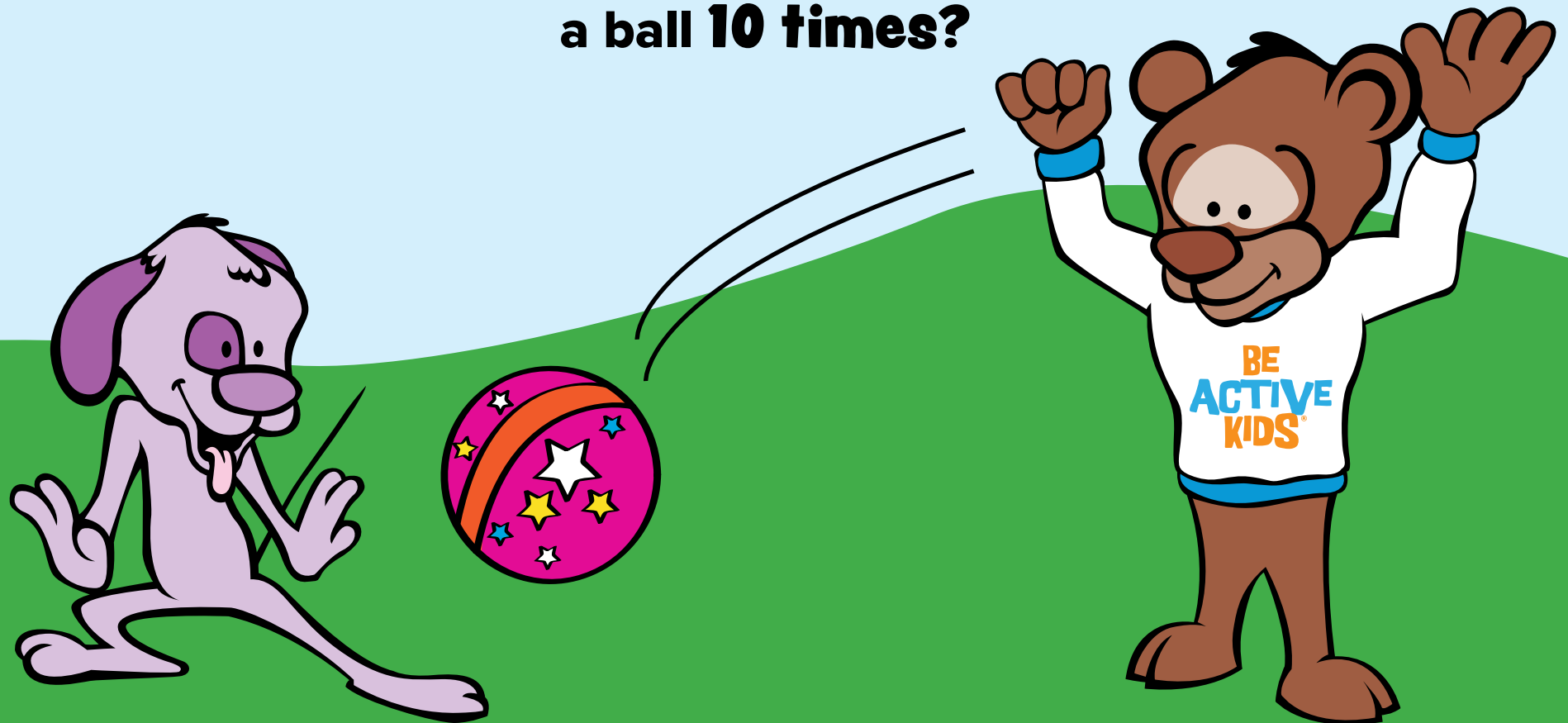
What do you like to **play**
with when you
go to the park?



The friends decide to play **catch**.
They want to see how many times they can
throw and **catch** the ball.

They throw the ball **10 times**.

Can you and your friends **throw** and **catch**
a ball **10 times**?



1 2 3 4 5 6 7 8 9 10

Dart drops the ball.

He is very **sad,
he is scared his friends
will be **mad**.**

**His friends tell him it is OK
and they give him a hug.**

**Dart feels
happy**

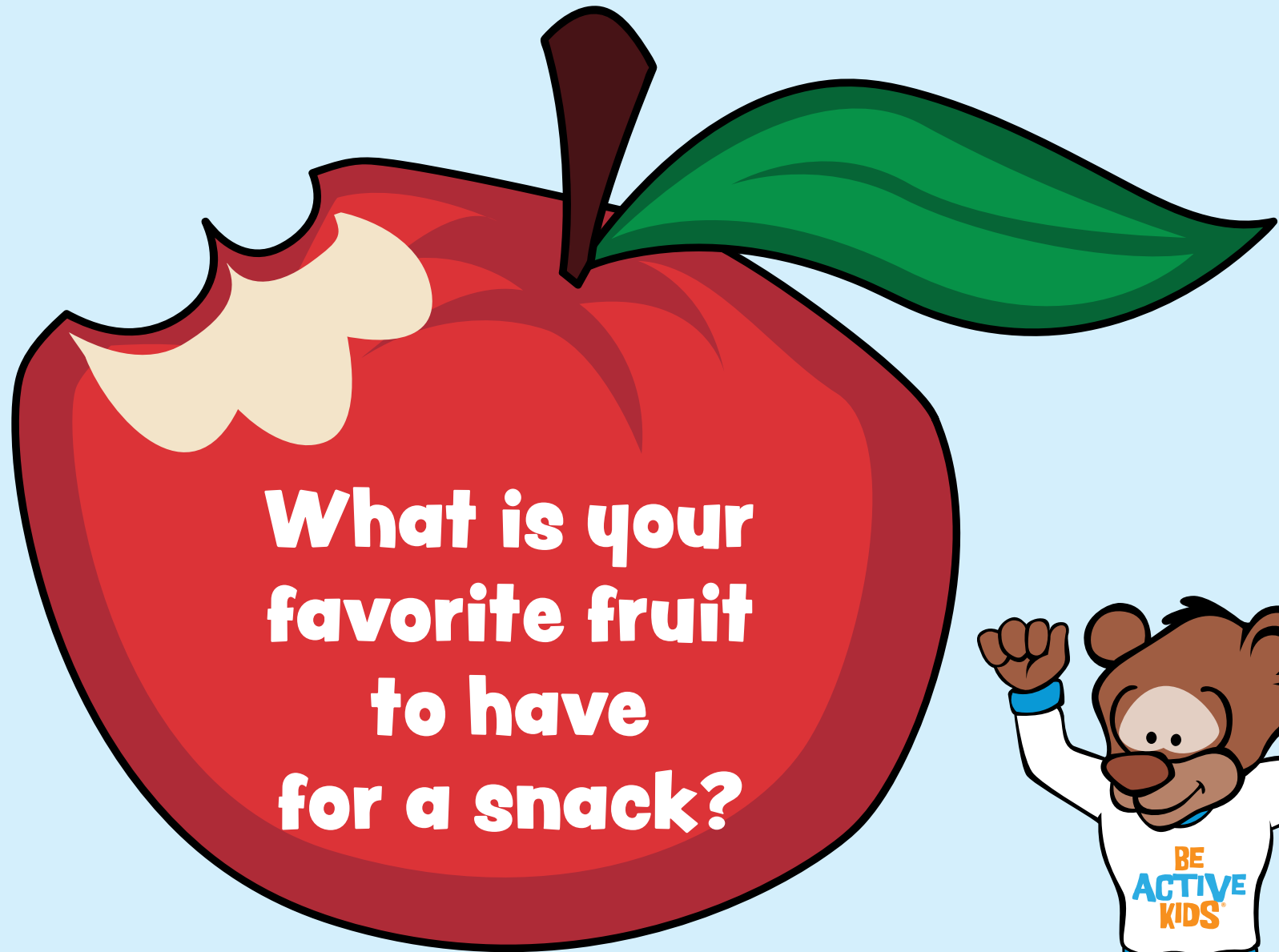
**knowing his friends
are not **mad** at him.**



Soon it is time to have a birthday treat.
Blue has brought a snack from home.
Can you guess what it is?

**Chocolate covered
strawberries!**





**What is your
favorite fruit
to have
for a snack?**

**How do you *feel* when you
eat your favorite fruit?**



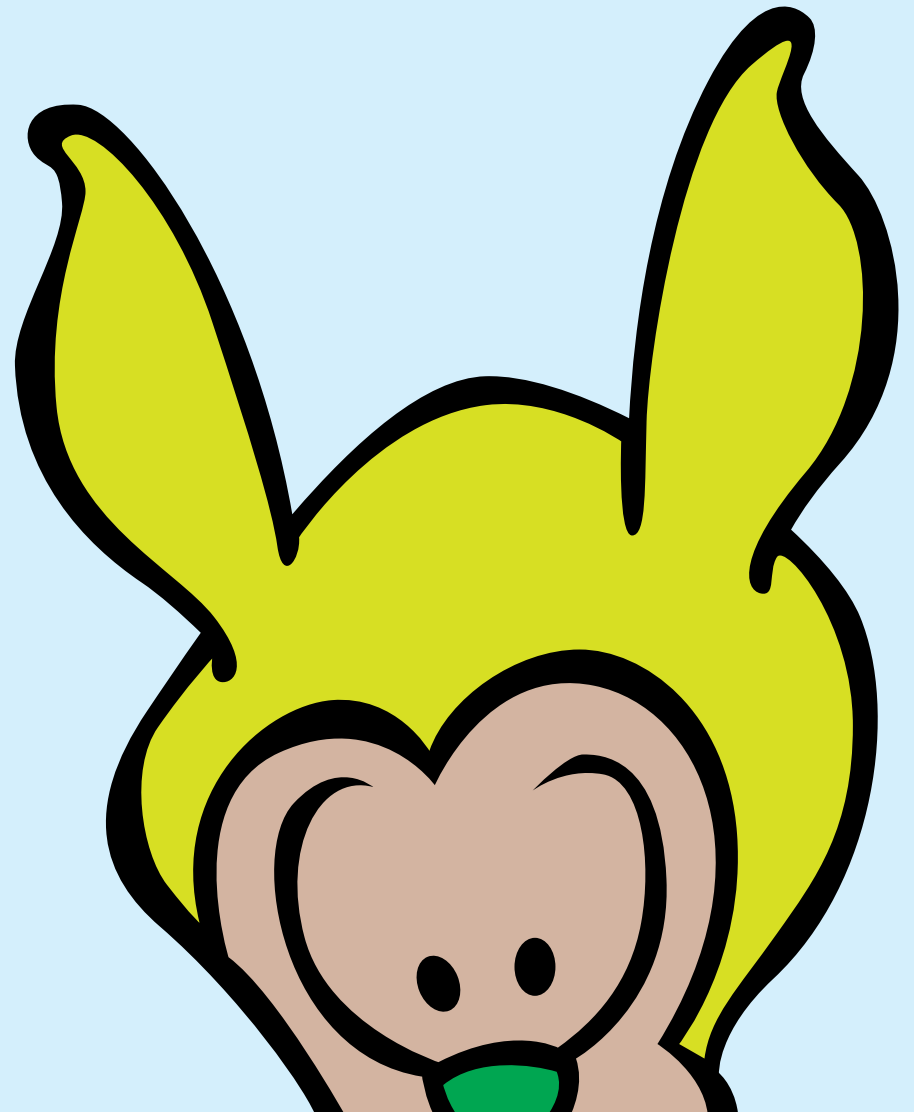
After snack,
Blue is **happy**
to open presents.

Everyone has a smile
on their face.

Except Leap.

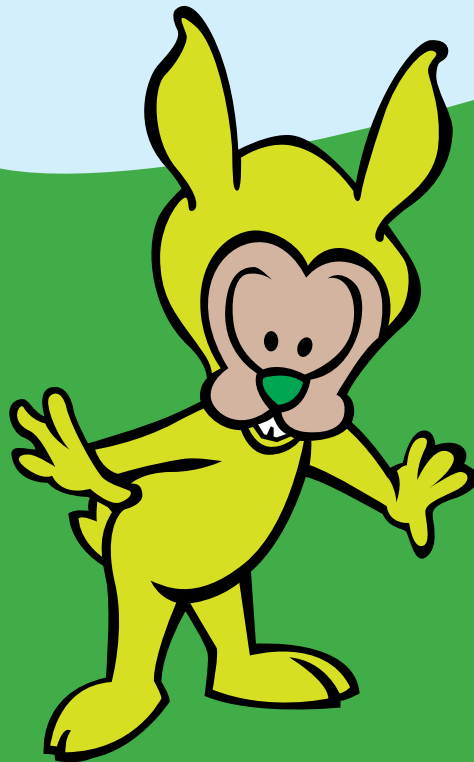


**As Blue is
opening presents,
he sees that
Leap is
sad
and standing
by himself
with a frown
on his face.**

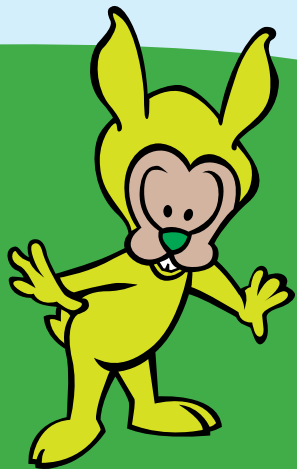


Leap tells Blue he is **upset** he didn't bring
Blue's present to the park.

He forgot it at home and is **scared**
Blue might get **mad** at him.



Blue tells Leap
he isn't **mad**,
the best part
of his birthday
is sharing it
with his friends!



**After Blue finished unwrapping his presents,
there are a lot of empty boxes.**

The friends decide to use the boxes to

build

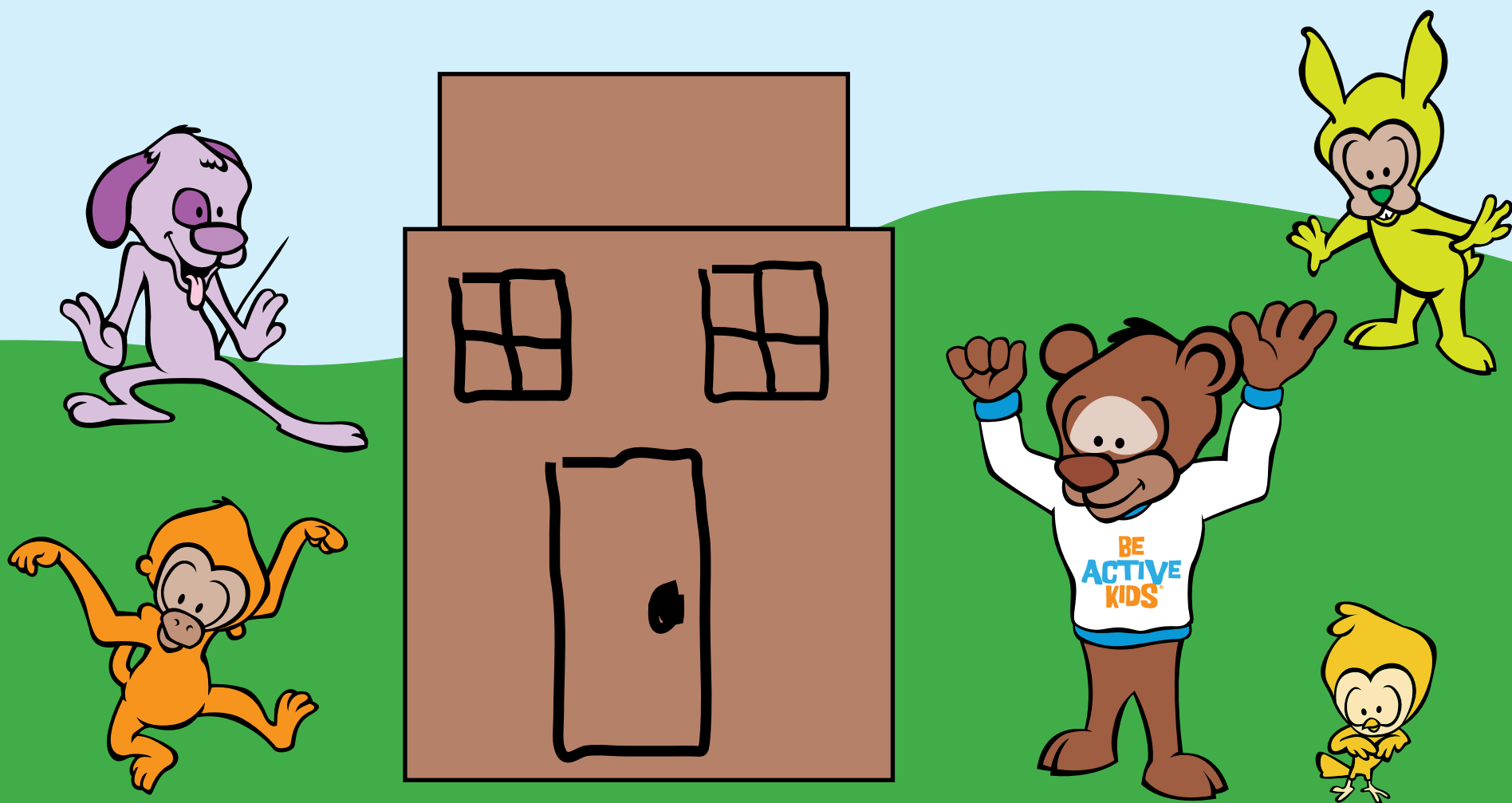
a clubhouse.



Each friend has a different idea
of how to **build** the clubhouse.

They try different ideas and work together to use all the boxes.

The friends are **proud** of what they did.



Since Glide is small, she was **sad**
she couldn't reach to put
the boxes on top.

The friends worked together to
help Glide reach the top and put
the last box on the clubhouse.



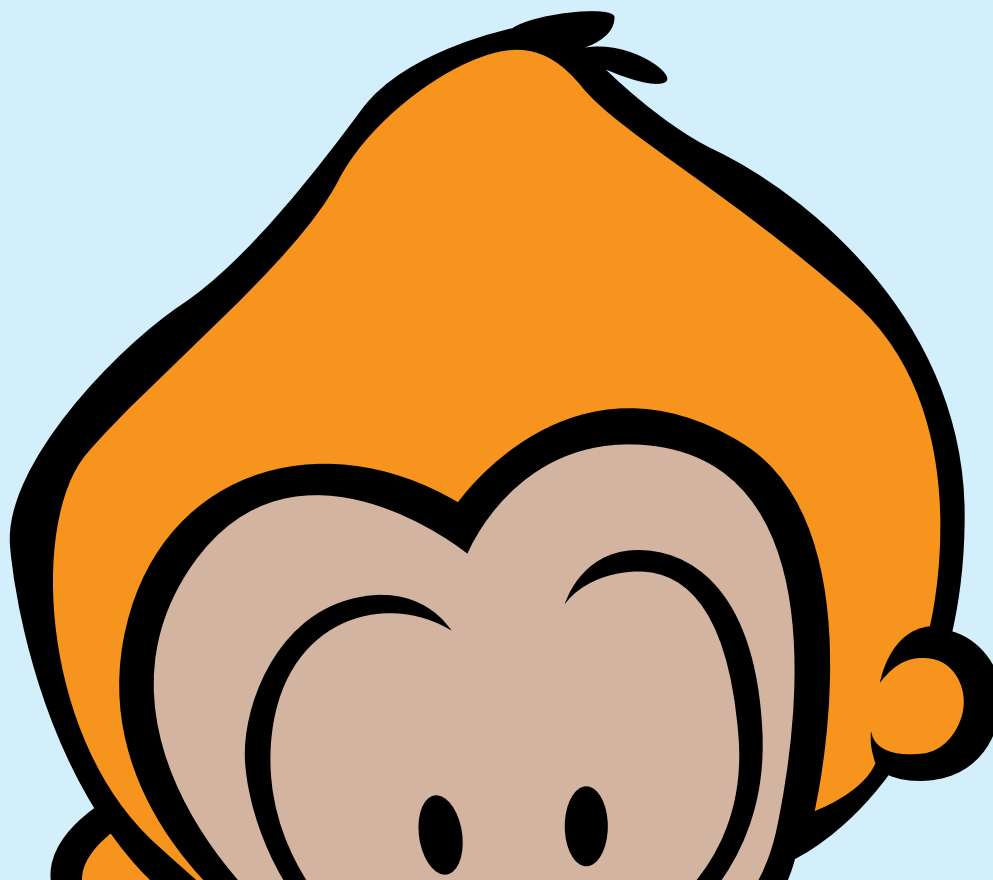
She was
happy
to be part of the fun!



**As Blue and his friends start playing with his presents,
everyone is **happy**, except Swing.**

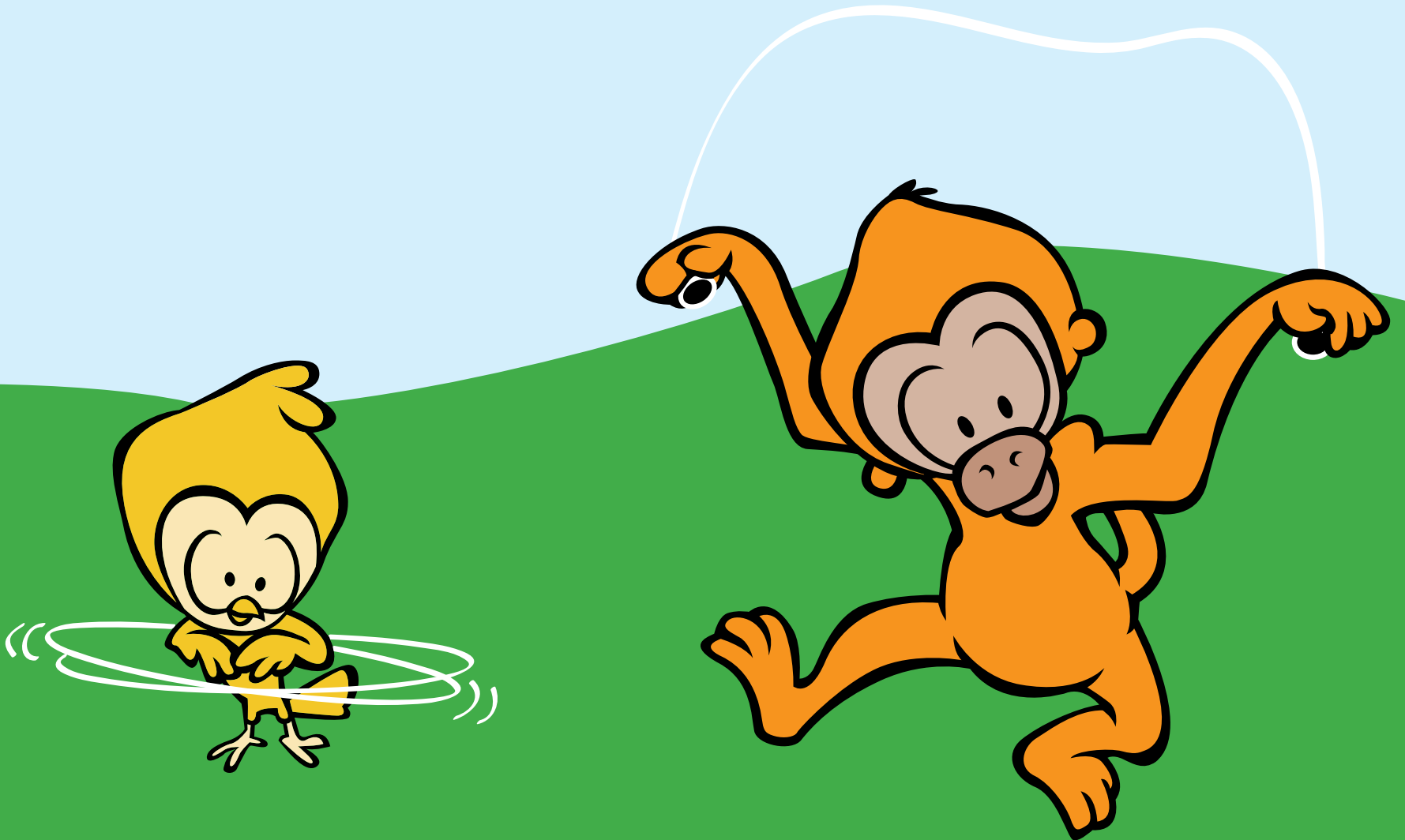
Swing is **sad that Blue is getting presents.**


Have you ever felt this way before?



Glide sees Swing isn't **happy
and ask him what is wrong.**

Glide tells Swing he wants presents too.

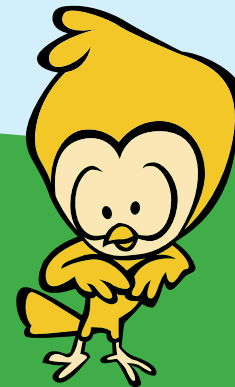
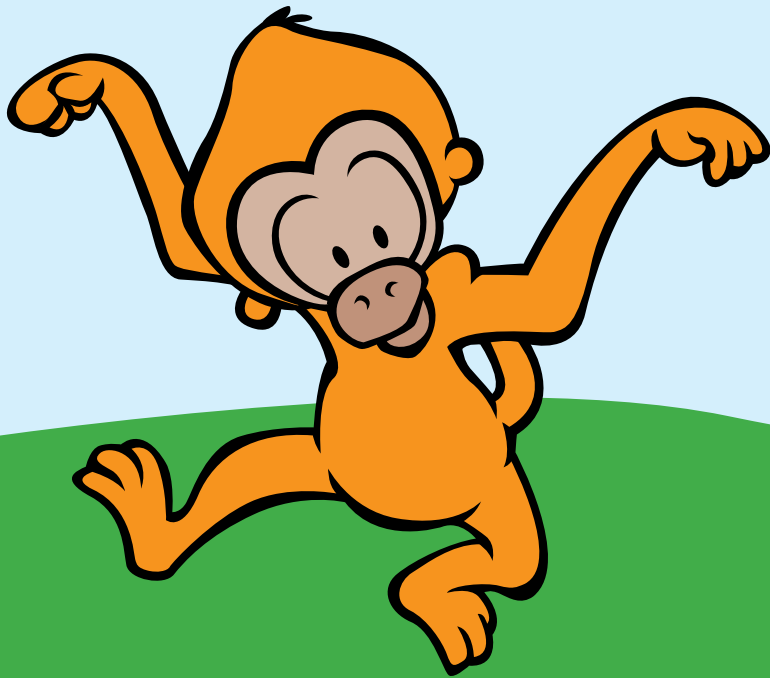




**Glide helps Swing understand that
his birthday will be soon and his
friends will celebrate with him.**



**Everyone is
happy again!**



They join their friends to play
“**jump** the river.”

Can you pretend to **jump** over a river
like the friends?



Want to learn to play “jump the river?”

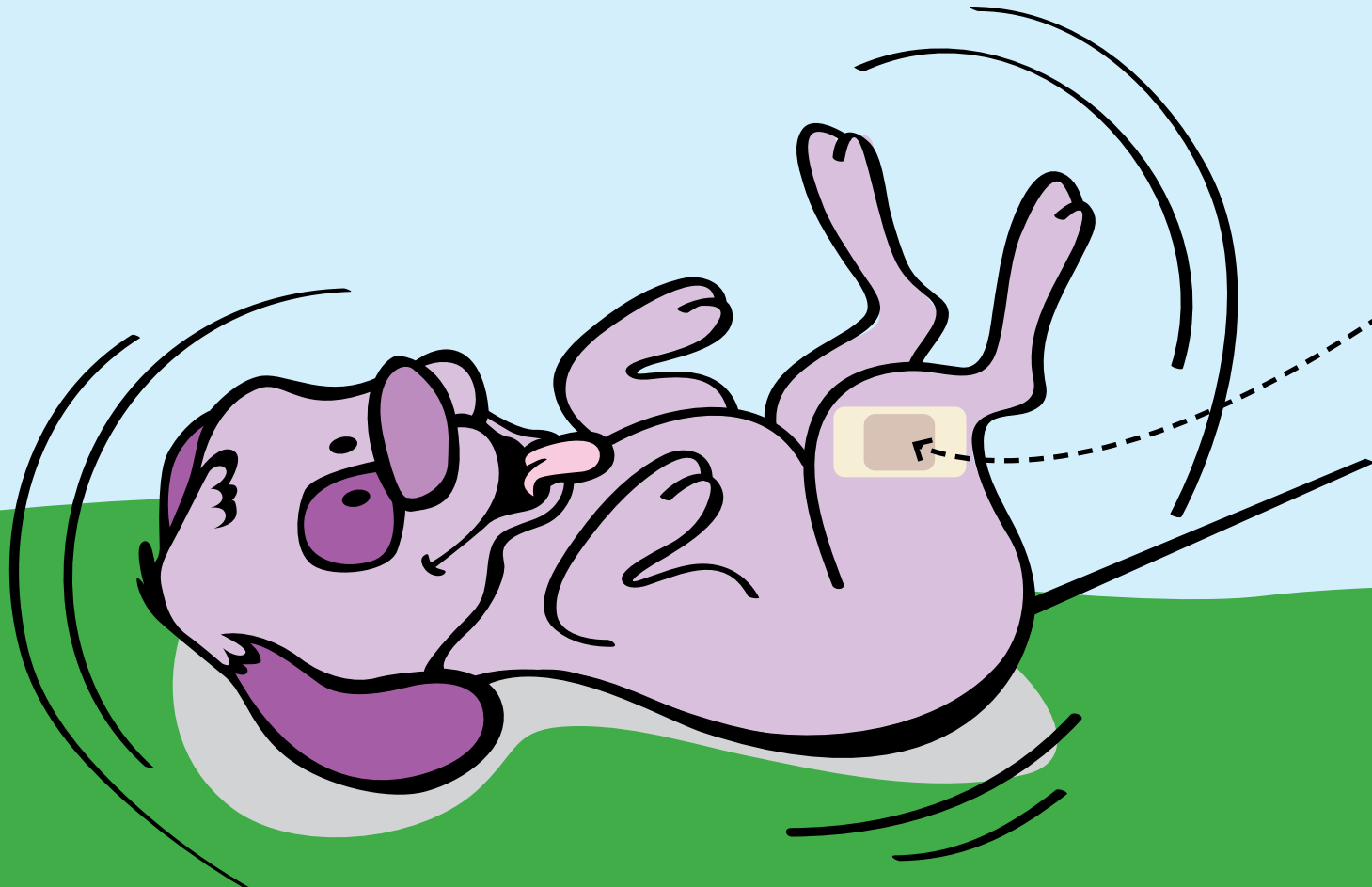
<http://www.beactivekids.org/assets/pdf/OverRiverRevised.pdf>


Dart falls and scrapes his knee. •

He starts to cry. He is **sad.**

His friends feel **sad too.**

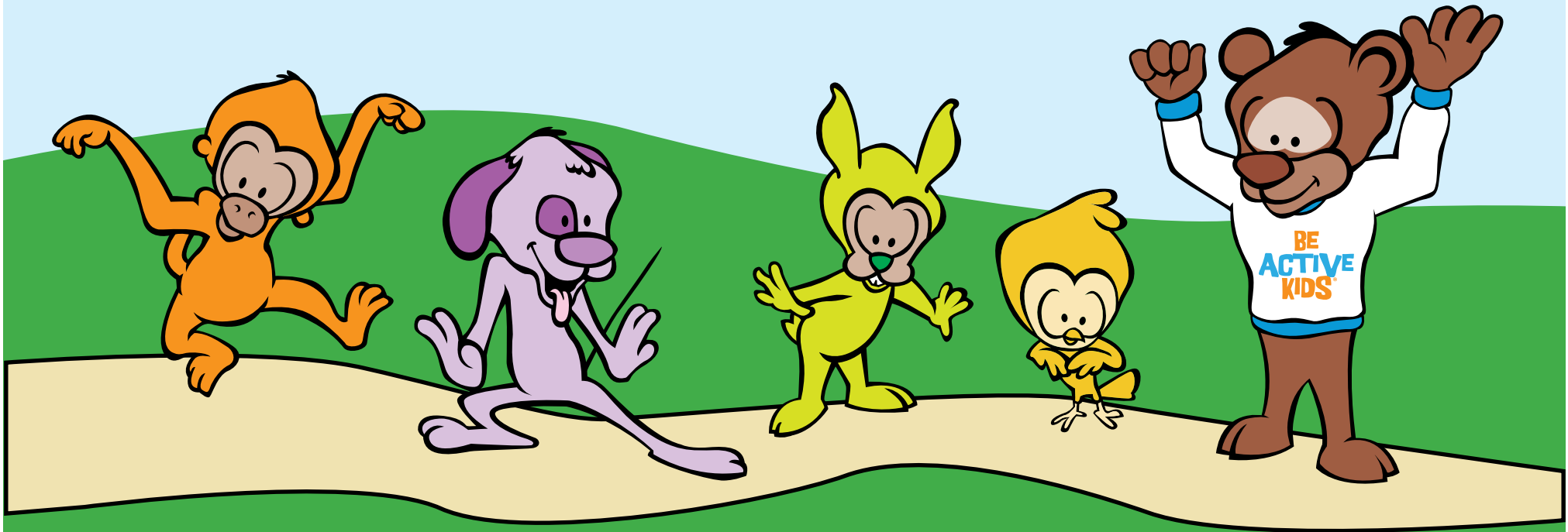
They help him up and make sure he is OK.





**The friends all enjoyed
Blue's birthday playdate
at the park.**

**It is time for everyone
to go home.**



**As the friends get closer to
their houses, they are all to**

happy

**to have had this time in the park
spending time with friends.**



Movement Activity

Cardboard Clubhouse

Materials:

- large cardboard pieces
- tape
- safety saw
- paints/markers for decorations

Instructions:

Allow the children to use the cardboard to build a “club house” using any supplies you may want to supply. Assist the children only when asked or in use of tools that aren’t being handled with care.

BE ACTIVE KIDS®

50 Cool Things To Do With a Cardboard Box

1. Use it as a sled to slide down a hill

2. Build a fort or playhouse

3. See how many you can stack before they fall over

4. Create a boat

5. Use it as a tunnel to crawl through

6. Cut circular holes in it and use it as a target

7. Make wings out of it and pretend to fly

8. Leave the top open and throw things into it

9. Make a “Mud Café” out of a few big boxes

10. Use a couple of small boxes to make a robot costume, then act like a robot

11. Build a box tower and then knock it down

12. Use a couple of small boxes to create a pair of activity dice

13. Create a mini cardboard village or city

14. Use it as a mudslinging background

15. Construct a maze out of a bunch of boxes

16. Create a rocket

17. Jump over, in, or out of a box

18. Play inside it

19. Make a cardboard ramp

20. Use it as a drum, guitar or other musical instrument

21. Create a sword and shield and have a sword fight

22. Get inside a box and have a friend push or pull you, as if it was a car

23. Use it to haul things

24. Stomp on a bunch of small ones

25. Kick a few small boxes

26. Make a train and pretend to be the conductor or the passenger

27. Draw characters on boxes, cut the characters out, and perform a skit

28. Create an elevator out of a box

29. Fill your box with loose parts

30. Draw and cut out pictures of healthy foods from the boxes and pretend like you’re shopping for food at a grocery store

31. Make box shoes and move around while wearing them

32. Use it for tummy time (infants)

33. Create giant playing cards by cutting up boxes

34. Make street signs

35. Make a wheelbarrow

36. Plant your favorite plant in the box

37. Create mail and a mailbox

38. Create a puppet theater

39. Use it to make a time machine

40. Create a horses’ head and make a hobby horse

41. Draw all over the box

42. Make an obstacle course

43. Stand inside a tall box and pretend you are in a princess’s tower

44. Balance your box on one finger

45. Create a balance beam

46. Use natural loose parts to create an animal with your box (dog, cat, bird)

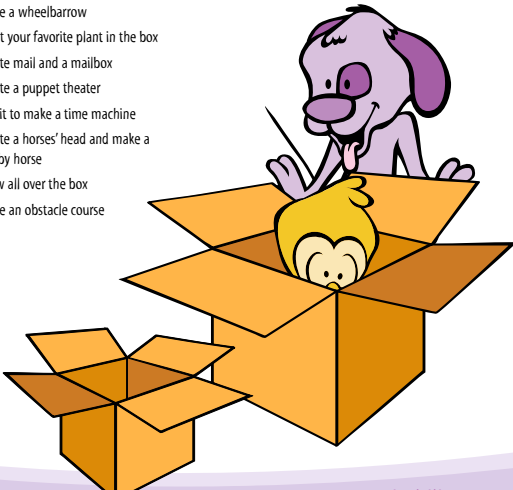
47. Play catch with a small box

48. Box bowling (stand boxes up)


49. Use a box to make your favorite flag

50. Create a new game with boxes

Remember, children are the ones who have all the ideas, so let them workout some of the ways of using a box on their own.



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Recipe

Chocolate Covered Strawberries

Ingredients:

- Fresh strawberries
- Chocolate chips

Directions:

- In a small bowl, use your microwave to melt the chocolate chips in for 30 seconds. Stir, then add 10 seconds and melt again in the microwave if not all the chips are completely melted.
- Hold the strawberries by the stem and dip the lower $\frac{3}{4}$ of the strawberry in the melted chocolate. Then place on a plate.
- Finally, place the plate of strawberries in the refrigerator until chocolate has hardened.

Tips

- **While reading the story, talk about the emotions the characters are having. Why are they sad? Have you ever been sad?**
- **Practice early learning skills as you read. Count the objects on a page or talk about the sounds the letters make.**
- **Share tips, recipes and activities with families that they can share at home with their child.**

Additional Resources:

Center for Early Childhood Mental Health Consultation:

<https://www.ecmhc.org/index.html>

Child and Family Mental Health Services(DHHS):

<https://www.ncdhhs.gov/providers/provider-info/mental-health/child-and-family-mental-health-services>

Psychology Today: Easy Ways to Teach Kids About Emotions in Daily Life:

<https://www.psychologytoday.com/us/blog/peaceful-parents-happy-kids/201801/easy-ways-teach-kids-about-emotions-in-daily-life>

***Lot's of Feelings* by Shelley Rotner:**

<https://www.amazon.com/Feelings-Shelley-Rotners-Childhood-Paperback/dp/0761323775>



BE ACTIVE KIDS[®]

Be Active Kids is an award-winning program. This innovative, interactive health program for children ages birth to five is available to adults working in child care centers, child care homes, and schools across North Carolina. Its *evidence-based* and evidence-informed messages are carried out through five cuddly and adventurous *characters* including Blue the caring cub, Glide the bird, Swing the monkey, Leap the rabbit and Dart the dog. Using these characters as their guides, children can engage in playful experiences, interact with a story, explore their natural surroundings, and much more.

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