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.
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?
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 too 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.

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
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 mural for the 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 gym time (Infants)
33. Create giant playing cards by cutting up boxes
34. Make street signs
35. Make a skateboard
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 home’s 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 the 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.
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.
• 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:

Lot’s of Feelings by Shelley Rotner:
https://www.amazon.com/Feelings-Shelley-Rotners-Childhood-Paperback/dp/0761323775
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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