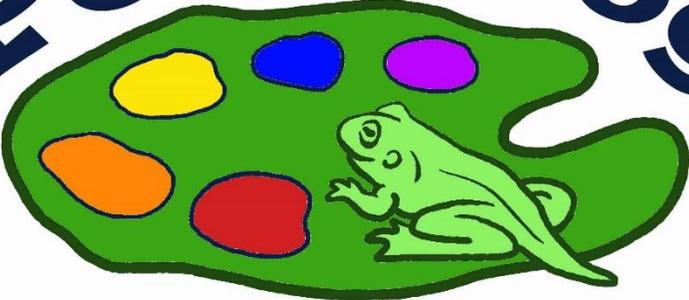


Pollywog



Art and Storytime

Welcome to **Pollywog At Home, Session 2!** **In My Heart: A Book of Feelings** by Jo Witek and Christine Roussey

Parts to **(read aloud)** to kids are labeled before the text.
Parts that are **((asides to caregivers))** are indicated with double parenthesis.

(read aloud)

Hello again! If you are able to hear these words, it means we've made a way that we can be together even though we are apart. That is a really cool kind of magic! It is also what makes reading, and the books we get from our library, so special. Our minds take the words we see (that a helpful reader is speaking for you) and turn them into language in our ears and brains. ((Caregivers, take a moment to point at the words you just turned into speech for you little one.))

Welcome Song –

Some habits are special, and help us to remember what it's like to be together! We can sing our Welcome Song, even though we aren't together - and we can remember what it is like to do this together in our group time. This is for everyone to sing - help your grown-ups if they are new to it:

~ sung to the tune of Rock-A-Bye Baby ~

Welcome to Art Class!
Ready for some fun?
First we sit still,
and quietly listen.
After our screen time,
we'll make something new -
but first we sing this
so we know what to do!

Opening (read aloud)

It has been one week since I shared my first Pollywog At Home session. Sometimes it feels like a lot happens in a week, and sometimes it feels like only a little happens. Over the past week, I helped my daughters build a blanket fort, played a group videogame with them (Super Smash Brothers), played the card game Rack-O with them, and we made a birthday cake.

It is very strange to have birthdays while we must stay safe at home. We had to make our cake without a mix, because we can't go shopping. All four of my family members were in the kitchen to make it. We listened to music, and tried not to get in each other's way. Sometimes we were grumpy. But after that cake was complete, and we ate it, we all knew we had made a special memory.

These strange times will create many new memories for all of us. It is okay that not all the memories are happy or feel good. My family argued a little while we made the cake. But what I will remember most is my little daughter, on her step stool, separating egg yolks while we all held our breath (it can be tricky to do), the sunshine coming in the window, my wife using her favorite mixer (which is a gift I got her, even though I did not feel like we needed a mixer), and my big daughter making us all laugh.

What are some of the memories you have made with the people you care about at home? What are some of the feelings you all had? What parts do you think you will remember most?

((Take a moment to discuss these ideas, and to come up with special ideas of your own.))

Here is a photo of our finished cake. It is three layers of yellow cake with chocolate buttercream frosting. My 10 year old daughter did all of the decorating. She wanted it to look like a waterfall. She did a nice job!



Storytime (read aloud)

While we can't be together, I will be sharing internet links to a story being read online. I like reading with you - but this is a great solution for now. Here is today's story link – we will be seeing and listening to the book **In My Heart: A Book of Feelings** by Jo Witek (who wrote the words) and illustrated by Christine Roussey (who made the pictures). <https://www.youtube.com/watch?v=xlfLqHBwYx4>

((copy and paste into browser if clicking does not work))

After Story (read aloud)

There are so many different things we can feel in our heart. It is very good for us to learn the words for these feelings, and use them out loud. There are things we can't understand very well until we express them. Feelings can just feel good, bad, hot, cold, huge, tiny, and other things inside us until we learn to talk about them, or share them by making pictures and using colors. Music, dance, sports, playing and other things help us to express feelings too.

Our Project (read aloud)

Today, let's use our art time to explore these ideas about feelings! ((Fun option: Pollywog At Home projects are fun for adults, too. Doing a project alongside of children can communicate to them more clearly than using words alone.))

Materials –

- Any drawing paper (printer paper works nicely)
- Pencils, crayons, markers, or any art supplies you can make a mark with

Option: If you can print pages at home, you can open the file (PaH02_worksheet) located with this session, and save yourself the first three steps. They are easy steps for grown-up helpers, if printing is not available.

Funny Fact: One of the first things Mr. Ron ran out of during isolation was printer paper. :)

((We use materials during at-home Pollywog that families are likely to already have on hand - if I do list an item you don't have, see if you can think of a substitute - - if you're really stuck for a solution, feel free to email me for advice! r.schiding.studio@comcast.net))

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How To –

1) ((Skip to step 4 if you printed the PaH02_worksheet.)) In the center of the page, using a dark crayon or marker, draw a small heart.

Example:



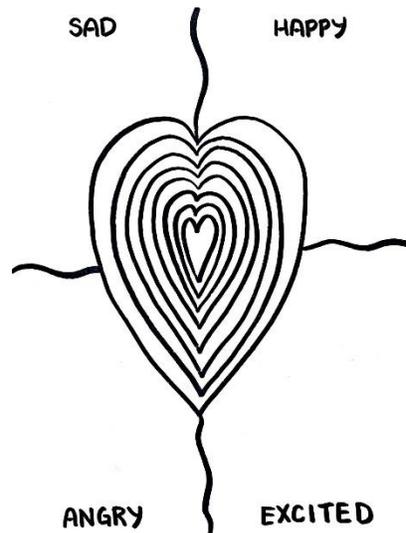
2) Draw at least 4 or 5 larger hearts by outlining the small heart. If you make them skinny, you can make even more.

Example:



3) Divide the page and label the four sections as shown here – the finished layout!

Example:



4) Color in all those hearts! You can make them solid colors, or you can fill them with patterns. You can even fill them with drawings if you are good at drawing small.

Example:



5) The last step! Try drawing pictures, or use colors and scribbles that show your feelings, in the four sections to go with the words in those sections. If you need help figuring out what to color or draw, talk about it with your helper! This is great practice for putting our feelings into words.

Here is a picture of my hearts and feelings project, all filled in! Everyone's will look different. If my drawings look too hard to do, don't worry about that. However you draw will be just right for you!



As we do Pollywog At Home, you are encouraged to send photos of your Pollywog projects to me at my email address: r.schiding.studio@comcast.net. I will share the work on the Library's website at the end of our Pollywog lessons. (I do not show children's faces in photos of their work that I share.)

Okay - That's all for today!

You and I are lucky to be able to have art and storytime together. Thanks to **Wernersville Public Library!** Libraries are the best! They give us the chance to have wonderful things, without needing to spend extra money! Remember to thank them when you get the chance.

((You can receive credit for attending and working through this Pollywog At Home! Please follow this link to a form that will go to the Wernersville Public Library for an attendance prize: <https://forms.gle/ASnrKn6DKzcbtrud9> -- copy and paste into browser if clicking does not work))