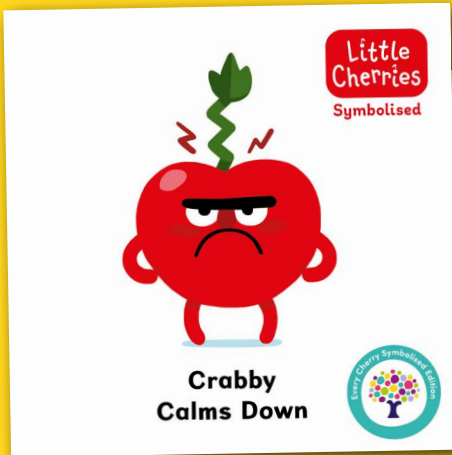




Big stories, fewer barriers.



Symbolised

Little
Cherries

Crabby Calms Down

Teaching and Learning Resources

About this Resource

This resource can be used by parents, teachers, carers and young readers.

It is designed to provide fun, engaging and creative ideas to explore Crabby Calms Down.

The resources are suitable to use in and out of the classroom, allowing young readers to get even more out of the book!

Summary

Crabby lives in Happy Hills Orchard. Crabby feels angry a lot and sometimes they don't know why. When Crabby's friends want to play games and it doesn't go the way Crabby wants, they get angry. When Crabby got really angry it scared the other little cherries, but they all tried to help Crabby feel better. Crabby learnt a way to calm down and now knows what to do next time they feel angry.

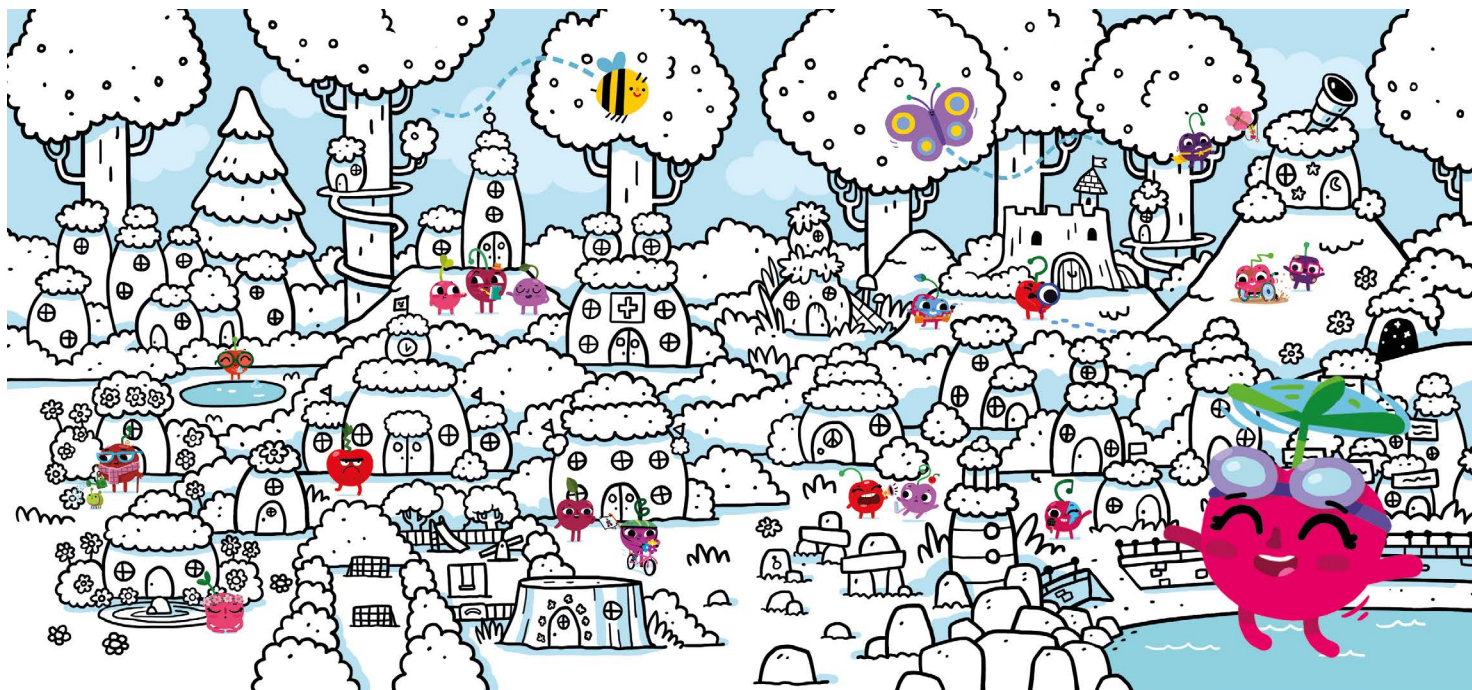
Happy Hills Orchard

Happy Hills Orchard is a happy little orchard where the little cherries live, learn and have fun! There are lots of little cherries in the orchard and each little cherry is different. Find out about all the little cherries in each book.

But What is an Orchard?

An orchard is an area of land where fruit trees are grown. The Happy Hills Orchard grows cherry trees but an orchard can grow lots of different fruit trees. Fruit trees can also grow in a garden, a park or woodlands. But it is only an orchard when there are lots of fruit trees growing together.

Activity: Can you create a printed orchard picture? Go on a hunt for materials you could use to print some trees, cherries, grass and anything else you want to add. Sticks would make a great tree stump, maybe some leaves would help too? Would the top of a pencil print a cherry shape? Paint your chosen objects and press them against your paper before lifting them to create your printed orchard masterpiece.





This is Crabby. They are the main character in Crabby Calms Down.

- *Crabby is a red cherry with a green zig zag stalk.*
- *Crabby gets angry easily and scares the other cherries.*
- *When a game isn't going how Crabby wants it to, they get angry and change the game.*
- *Crabby's friends help them to calm down. It is Zen who helps Crabby the most, teaching them how to calm down through breathing through their nose and counting to ten.*
- *Crabby now knows what to do next time they feel angry as they do not want to scare their friends.*

Activity 1: Catch Crabby!

Crabby plays catch with their friends until the ball hits their head and they get angry. But we know that accidents happen sometimes and that is ok.

Throwing and catching can be tricky though and takes time to practise.

Blow up some red balloons to be your Crabby cherries.

Start by throwing and catching your own Crabby and count how many times you can catch it before dropping it. Remember: if you drop it, it is okay and you can just start again!

Then you can play Catch Crabby with a friend or group of friends in a circle. Remember to count how many times you can catch Crabby without dropping them.



Activity 2: Calming Cherries

Crabby can find it tricky to calm down when they are angry and we can all feel like that sometimes. Everybody gets angry and this is okay. We just need to learn how to calm down in a safe way.

Create your own calming sensory bottle with a cherry theme.

You will need:

- A clear empty bottle
- Water
- Glitter
- Coloured pom pom balls
- Clear liquid soap or gel

First fill the bottle a $\frac{1}{4}$ of the way up with water.

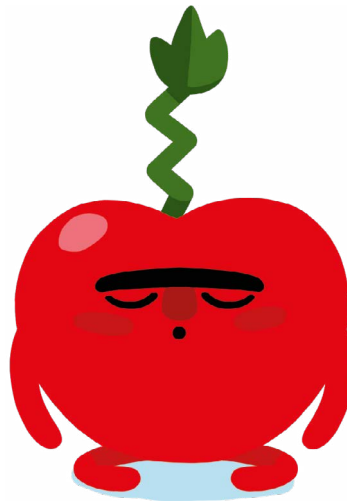
Then choose your favourite cherry from the story or you can include all of the cherries in your bottle! Add coloured pom pom balls for each cherry into your bottle.

Next, add glitter into your bottle.

After that, fill the rest of your bottle with liquid soap.

Then screw the lid back on tightly (this could be hot glue sealed to ensure it lasts longer by a grown up).

Finally, tip your bottle and watch your cherries move around.



Activity 3: Yoga Time

Some people find yoga very relaxing and a good way to calm down. Yoga is a slow, gentle form of exercise where you also practise your breathing.

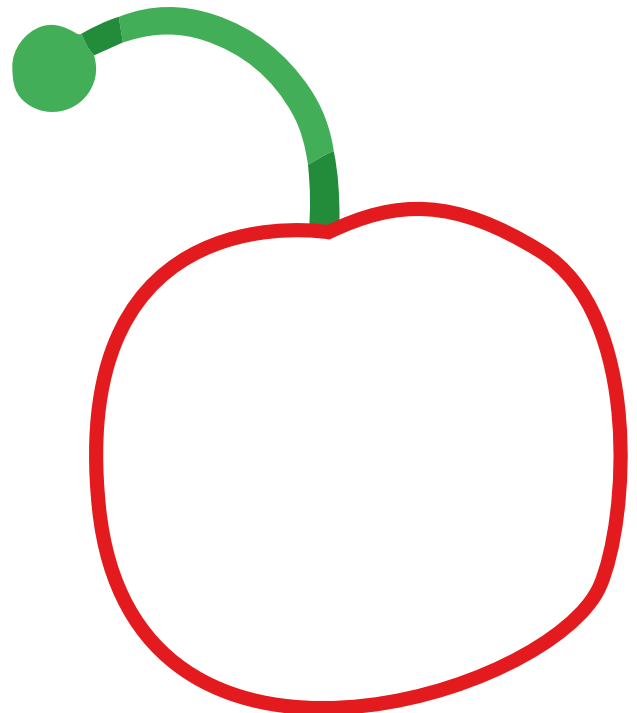
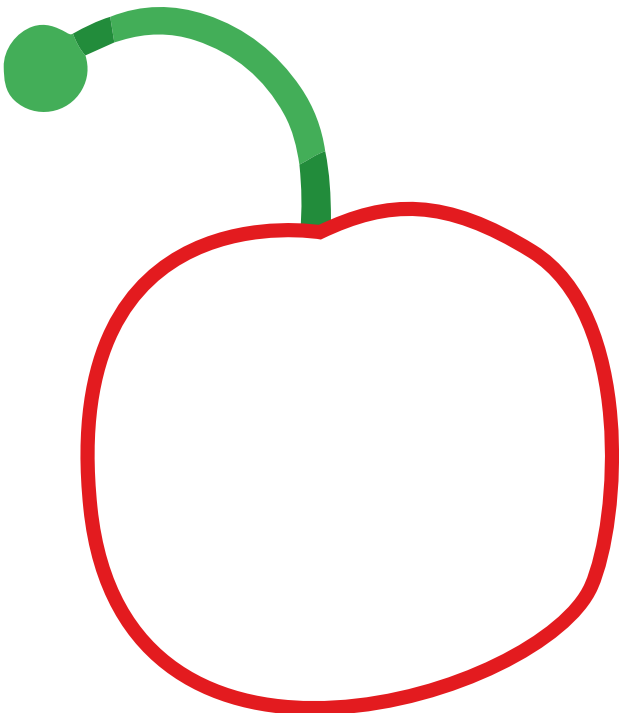
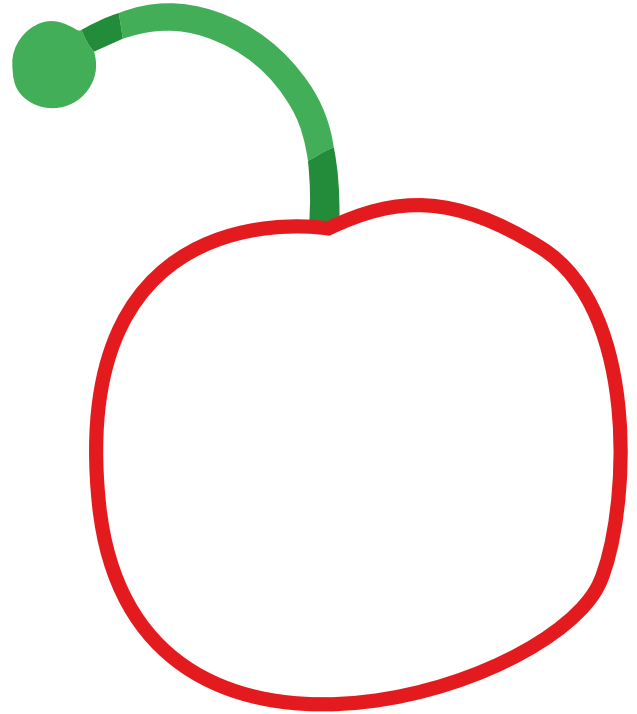
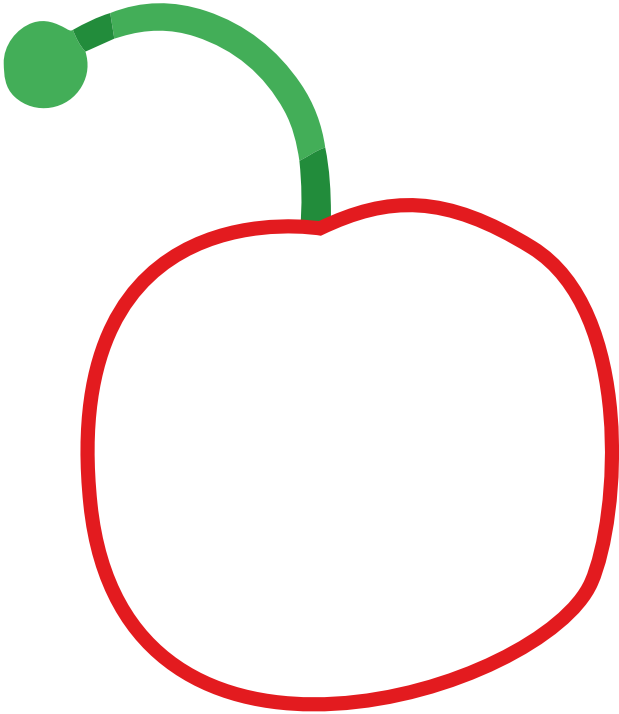
You can find lots of yoga videos on the internet to follow. Or have a go at some of the yoga positions from our Mula and Friends range below. Make sure your space is calm and quiet whilst you complete your yoga moves.



Activity 4: What Helps me When I am Angry?

Everybody uses different things to help them to calm down and not everything works all the time. Sometimes it is good to have a few ideas for what helps us to calm down.

Think of what you enjoy doing to help you feel better when you are angry. In each cherry, either write or draw an idea for what you can do to feel calmer.

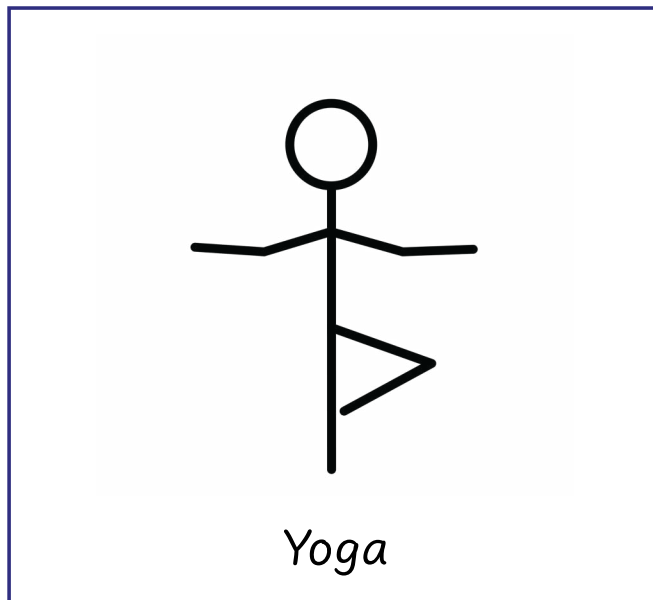
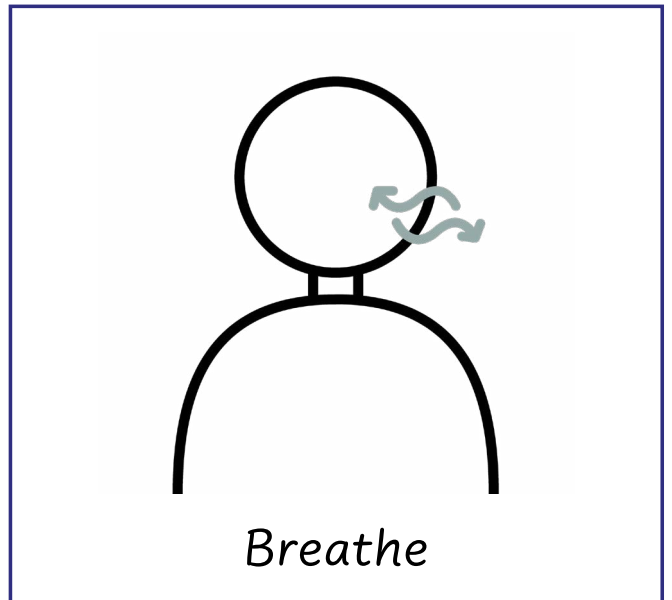
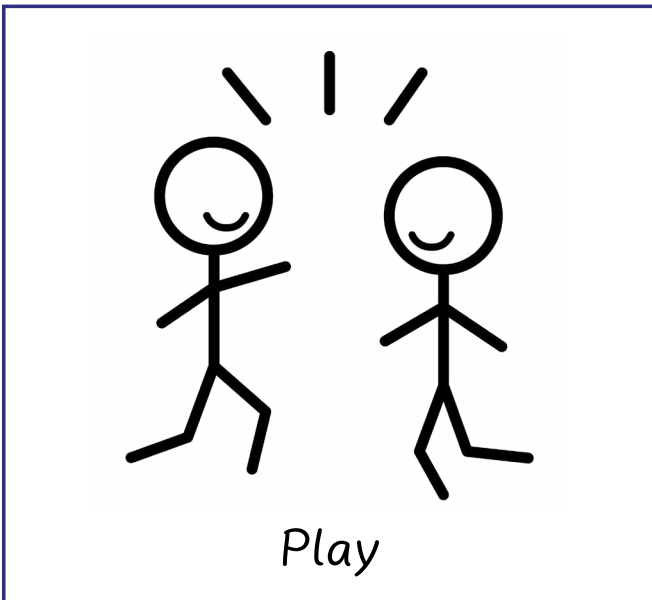
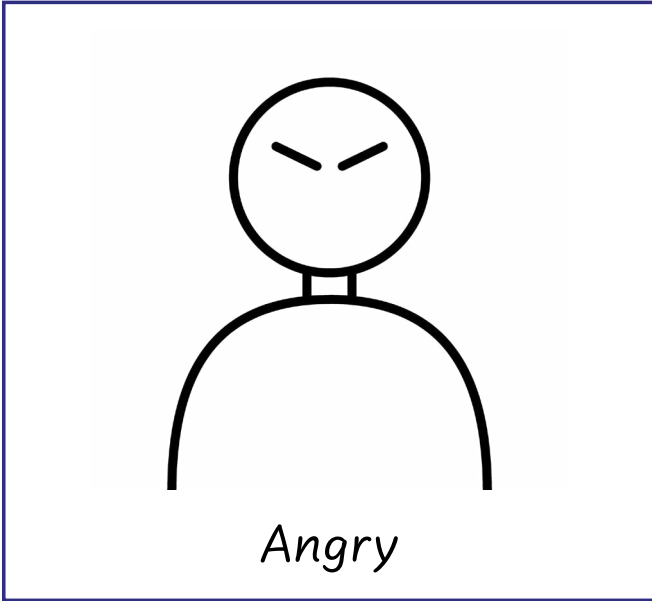


- Have you ever felt angry? Why was this and how did you make your anger go away?
- Why did Crabby keep feeling angry in the story?
- How did Crabby make their friends feel when they got angry?
- What did Crabby's friends do to help them?
- Is it okay to feel angry?
- What can we do to calm down when we feel angry?

Extra Fun Challenges!

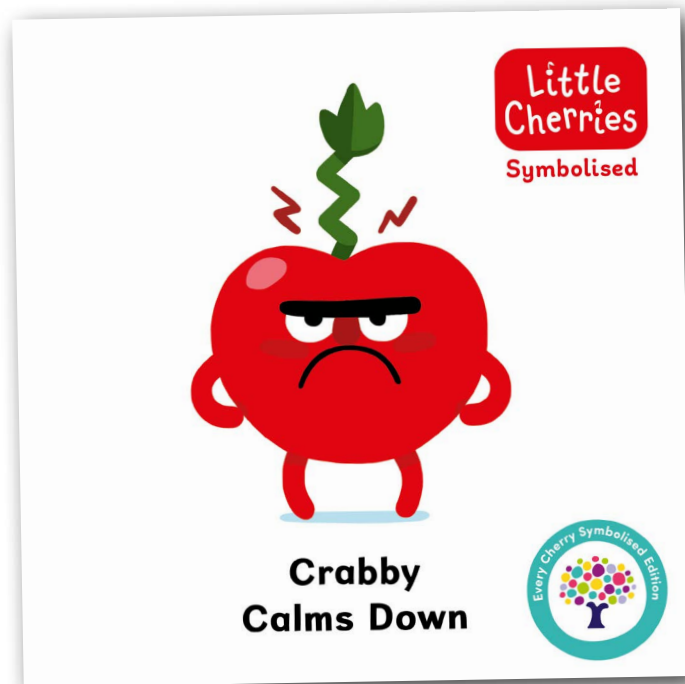
- Make your own finger puppets to retell the story.
- Sometimes when we are angry, we stomp our foot. Sometimes when we are excited, we jump up and down. Put on some music and when you hear a grown up shout an emotion, do an action for this emotion. Think about being sad, happy, surprised, angry, confused etc.
- Draw a picture of a time when you felt angry. Can you explain how you helped your anger go away?







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*This Teaching and Learning Resource has been written by
Katie Corrigan as part of Every Cherry Publishing.*

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