

New York State
BOOK NOOKS



Title: Hair Love
Author: Matthew A. Cherry
Illustrator: Vashti Harrison
Publisher: Penguin Random House

Date published: 2019

Pyramid Model Skill or concept(s)	Supports developing sense of self, interacts with children to develop their self-esteem, explores feelings and their expression, develops self-control skills
Goal/Objective:	Children will explore their sense of self, emotional vocabulary, and develop self-control skills
Emotional Vocabulary:	Proud, excited, loved, overwhelmed

Story Time: (Show and Tell It)

Name of Activity:	Emotional Vocabulary Building & Story Debrief
Supplies needed:	Paper, drawing materials, shatterproof mirrors
Ideas of what to say or do.	<p>In small groups of 2-4 children, read the book and discuss it right away, including asking the children why Zuri was excited. Talk with them about how they knew she was excited; what facial expressions or actions did Zuri do. Ask them what gets them excited, such as an event or a favorite person or toy. Talk with children about ways to self-regulate while excited. Zuri was excited to see her mommy, so she did her hair with her daddy and got dressed up to greet her. She was able to control her body and have fun with her daddy, even though she was excited.</p> <p>Talk about how Zuri felt overwhelmed and cried when she could not find exactly how she wanted to have her hair done. Discuss how feelings can be strong and how we can express them. It is okay to cry, ask for a hug, say how you feel, take some deep breaths etc. Practice using these skills with the children. Look at the last picture in the book. Talk about the characters' facial expressions and what they might be feeling. Make sure to use the word "loved." What does it mean to feel loved? Does Zuri look like she feels loved in this picture? How does it show? Are there other pictures in the book demonstrating this feeling?</p> <p>Ask children about things they do with their families and how they feel during them. Maybe different relatives do their hair with them, help them cook meals or play with them. Talk about this and ask them if they want to draw pictures doing those things. Take dictation of what they are doing in the pictures and how they feel while doing it. Display the pictures in the care space and talk about them with the children.</p>

Hair Love

This delightful & award-winning book shows how Zuri loves her hair and her daddy. It portrays a loving and nurturing relationship between a daddy and his daughter as he helps her with her hair.

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Small Group: (Practice Makes Perfect)	
Name of Activity:	Feelings Picture Match
Supplies needed:	Hair Love, cut out the pictures of children on this page
Ideas of what to say or do.	<p>After you have read and debriefed the book, reinforce the emotional vocabulary and ways to use self-control to manage your feelings.</p> <p>In groups of 2-4 children, provide the cut-out pictures and the book. Talk about what the children in the pictures are feeling and ask children why they think they are feeling that way. Ask them when they feel that way. Again, talk about what you can do when you feel that way such as stating your feelings, asking an adult for help, reading a book, etc.</p> <p>Look at the illustrations in the book and try to match the children's pictures (from the activity previously) with the feelings of the children in the book. Make sure to focus on the feelings the different facial expressions and the people's facial attributes.</p> <p>Pictures are from: www.challengingbehavior.org</p>

Hair Love



Proud



Excited



Overwhelmed



Loved

