

New York State
BOOK NOOKS



Title: Hello Goodbye Dog

Author: Maria Gianferrari

Illustrator: Patrice Barton

Publisher: Roaring Brook Press

Date published: 2017

Pyramid Model Skill or concept(s)	Promotes identification and labeling of emotions in self and others. Explores the nature of feelings and the appropriate ways they can be expressed. Supports the development of social skills and empathy.
Goal/Objective:	Children will explore how to read and respond to facial cues to support an atmosphere of friendship. Children will explore how they feel when they are sad and ways to regulate their emotions.
Emotional Vocabulary:	Anxious, sad, happy, excited

Story Time: (Show and Tell It)

Name of Activity:	Book Introduction and Discussion Points
Supplies needed:	The book
Ideas of what to say or do.	<p>In small groups of 3-6 children, introduce the book. Use the cover of the book to introduce Zara, the little girl, and Moose, the dog. Talk about how Zara is in a wheelchair. Ask them if they know anyone in a wheelchair and talk about children and families in the classroom who may use wheelchairs or adaptive equipment, such as a walking stick, hearing aids and leg braces.</p> <p>Use this conversation as an opportunity to teach children that everyone is unique and has differing abilities. Be matter of fact with the conversation, acknowledge differences and be clear about how differences do not make people “bad” or that something is “wrong” with them. People use adaptive equipment to assist them in their daily lives. Make sure to discuss how the children are like Zara. Provide this time for children to be able to ask questions about people who use wheelchairs or other adaptive equipment. While leading the discussion, make sure to use people-first language, be open, respectful and factual. For example, “Zara is a little girl who cannot walk and uses a wheelchair to get around.”</p> <p>Read the book. While reading the book, make note of how Moose and Zara are feeling. Point out the similarities of the children in the classroom and Zara. Take a count of who has dogs or other pets at home. Highlight the ways that Zara is a good friend to Moose and how they can be good friends to each other within the classroom setting.</p>
What Pyramid Model skill or concept is covered?	Promotes identification of emotions in others, creates an atmosphere of friendship

Hello Goodbye Dog

Zara is a young girl who has a dog named Moose. Moose loves Zara so much and wants to spend all of her time with her. This book follows Moose’s separation anxiety and how Zara supports her through it.

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Small Group: (Practice It)

Name of Activity:	Emotion Regulation, Alone & Together
Supplies needed:	Copy of <u>Hello Goodbye Dog</u> , paper, drawing materials, camera
Ideas of what to say or do.	<p>In small groups of 2-4 children, sit at a table with the supplies needed. Talk with children about how Moose was sad when Zara went to school. Ask them if they ever feel sad when they get to the classroom or if they see any of their friends being sad when they say goodbye to their families. Talk about how to tell when people are sad. Discuss how people's eyes look, what crying is, and tears are, how turned down lips are a frown that usually happens when people are sad. Look at the characters in the book and read their facial expressions.</p> <p>Talk about what you do to regulate your emotions when you are sad. Brainstorm together things they can do to regulate their feelings when they are sad. Write the ideas down on paper with the children. Make sure to discuss things they can do at school, such as: ask for a hug, tell the teacher or a friend that they are sad, read a book, draw a picture, cuddle a stuffed animal, etc.</p> <p>Talk about how you can tell if your friends are sad and what you can do to help them. For example: you can offer to give a hug or a fist-bump, ask them if they want to play with you or read a book, draw and give them a picture, etc.</p> <p>Have the children act out their ideas with support as needed. Take pictures of them acting the ideas out. Later, print the pictures and make classroom books and displays as visual reminders of how to regulate the sad emotions.</p>
What Pyramid Model skill or concept is covered?	Promotes identification of emotions in self and others, creates an atmosphere of friendship

