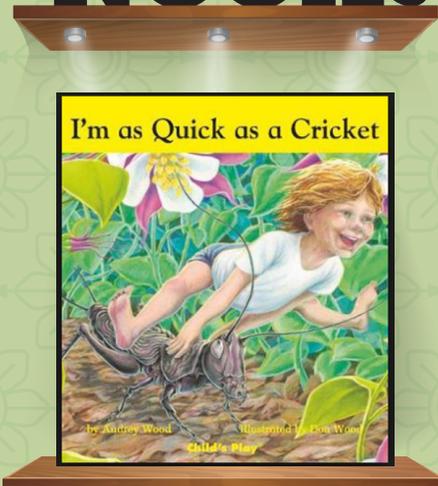


New York State  
**BOOK NOOKS**



# I'm as Quick as a Cricket

This beautifully illustrated book compares a young boy's feelings to animals. There are fun life-like pictures of the boy, showing exaggerated emotions while he imagines playing with animals. *I'm as Quick as a Cricket* is a creative way to explore feelings with concrete expressions while using your imagination.

**Title:** I'm as Quick as a Cricket (board book)  
**Author:** Audrey Wood  
**Illustrator:** Don Wood  
**Publisher:** ME: Child's Play international  
**Date published:** 1998

### Social and emotional skills infants and toddlers can learn through this book:

Infants and toddlers will analyze facial expressions as they pertain to feelings.

### Social and emotional words this book can emphasize:

sad, happy, nice, mean, strong, loud, quiet, tough, gentle, brave, shy.

### Activities to do while reading the book that will help promote social and emotional development:

- Point out the boy's facial expressions. Discuss why he might be feeling the way he is. "The boy feels sad. He is crying, he has a tear rolling down his cheek. Why do you think he is sad? Maybe he is sad because his toy truck broke." Learning to read facial expressions will help young children learn to describe their feelings and read them in others.
- Talk about what is okay and not okay for the boy to do while he is feeling the ways that he is throughout the book. This will help children learn what is appropriate behavior and some problem-solving skills too. It is always alright to have feelings, but it is not okay to hurt people or be mean because we feel sad or mad. For example, "The little boy is stating he is mean. Maybe when he feels that way he should go to a cozy area and look at a book so that he does not hurt anyone's feelings."
- Have fun encouraging the children to act out the different ways the boy is feeling. Have them pretend they are

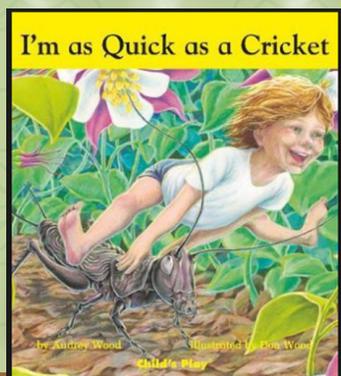
the animals in the book. Make sure if the children pretend to be mean to just make the facial expressions for that one, as you do not want to ever encourage, even when pretending, children to exhibit undesired behaviors.

- Reading the same book for several days in a row is a great way to provide opportunities for infants and toddlers to develop a sense of competence and confidence, which is an important part of social and emotional development. They become able to turn pages, point at and label pictures, talk about the story, predict what will happen next, learn new vocabulary words, talk about their own experiences in relation to the story and even make up their own story! Try reading this book for several days in a row and use some of the ideas, activities, and opportunities listed below to enhance social and emotional skill development.

### Fun for Everyone! Activities to promote social and emotional development throughout the day:

- Use stuffed animals or puppets and a play doll to act out the feelings in the book. Problem solve with the children about what the puppets can do to feel better or what they can do when they feel happy or brave. Again, this will help demonstrate appropriate behaviors and simple problem-solving strategies to manage different emotions.
- Make pencil case feeling puzzles! Draw or use pictures from magazines or those of your children as the puzzle. Use one inch wide popsicle

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sticks for the puzzle pieces. Before laminating each picture, on the back side of it trace the popsicle stick, so you will be able to easily cut them to the shape of the stick. Laminate each picture. Cut the picture in strips to fit the sticks, each stick will make one puzzle piece. Glue each strip of a picture to a stick, keep a copy of the puzzle's picture for children to use as a model of what they are trying to build and have them build their new feeling puzzle!

For convenience, your new puzzle should be able to fit into most pencil cases; if not, you can store it safely in a zip lock bag

- Sing "If You're Happy and You Know It" and replace the actions with acting like the animals in the book. For example, "If you're happy and you know it, sing like a lark, tweet, tweet. If you're sad and you know it be a hound, boo-who (sounding more dog like)."
- Use some gross motor calming activities such as stretching and yoga. Use the animals in the book to create some interesting stretching poses that will give children some



**Pencil Case Feeling Puzzles!**

nice muscle stretching and joint pressure that may send relaxing messages to their bodies. If you are able to do the poses with the children, it will help them learn and do them more easily. For example, if you have children get into Child's Pose, which is a yoga position, you get into by standing on your knees on the floor and then put your head to the floor and put your arms in front of you so your hands are on the floor. You can call this nice bunny pose. You can have the children lay on the ground on one side and then crunch into a ball, by hugging their knees with their arms and call this quiet clam pose.

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