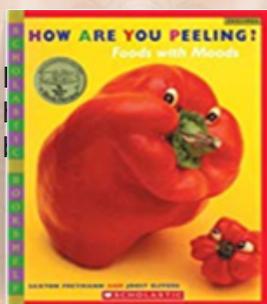


New York State

BOOK NOOKS



How Are You Peeling?

Title: How Are You Peeling?

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

- Display a picture chart or cards of various feelings. Match the pictures with the same emotion in the book.
- Provide mirrors, costumes and props. Encourage children to pretend to have an emotion and act out a scenario that would elicit the emotion.
- Throughout the day share your emotions with the children. Talk through how you are coping with the emotion. Share possible reactions you may have. Tell them why you chose the course of action you picked.
- Coach children to identify their emotions and guide them through the strong emotions to socially acceptable outlets for their emotions.

Art

- Create a food art station. Provide toothpicks, child safe pumpkin carving tools, pre-cut vegetables, variety whole vegetables, beans & lentils and supervision. Encourage children to make their own food art.
- Extend this activity into a writing experience by guiding the child to tell a story of how the final product feels and write the child's story down. Guiding questions may be: *How does the tomato feel? Why does it feel this way? What happened? What will the tomato do next? Does it need help?*

- Display food art carvings, photos of art carvings or display a looping slide show of food carvings.

Cooking/Food Experience

- Set out a variety of tools to prepare vegetables at a supervised station.
- Invite children to cut up vegetables with you for a garden salad.
- As the child picks up the vegetable, discuss the size, texture and smell.
- While cutting describe how you are cutting: slicing, chopping, scooping.
- As the child cuts the vegetable discuss how it looks on the inside. Investigate the vegetable inside and out. Help the child state the similarities and differences on the inside/outside of the vegetable.

Science

- Save the seed from the vegetables you prepare with the child(ren). Set them on paper towels to dry. Plant dried seeds in an opaque or clear container next to the side. As the seed germinates, photograph the process.
- Measure the growth of the seed with older children. Chart the growth by day or week.
- Research the vegetables, discover the climate where they naturally grow, look at pictures of the plants the vegetables come from.
- Bring a field guide of local plants on a walk outdoors. Notice the plants growing. Help children locate the plant in the field guide.

Enjoy each moment with the child by focusing on the child. Be in the moment to show the child how important they are to you.

