

## You Weren't With Me

Dedicated to, “families who have experienced difficult separations,” **You Weren't With Me** is the story of Little Rabbit reuniting with Big Rabbit. Little Rabbit shares feelings and thoughts that she experienced when Big Rabbit was away, and feelings now they are back together. Written with the goal of helping families talk about their separation, Chandra Ghosh Ippen provides a powerful tool for families to use as they begin their conversation.

**Title:** You Weren't With Me

**Author:** Chandra Ghosh Ippen

**Illustrator:** Erich Ippen Jr.

**Publisher:** Piplo Productions

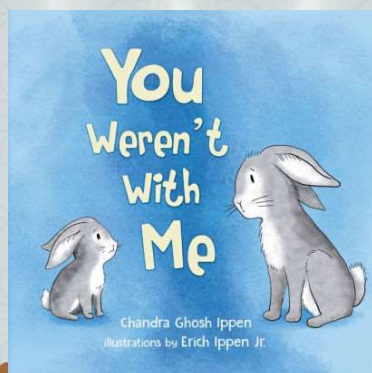
**Date published:** 2019

<b>Pyramid Model Skill or concept(s)</b>	Teaching emotional competencies, teaching to identify feelings
<b>Goal/Objective:</b>	<p>Goals for Child: The child will be able to identify feelings during a separation and after reuniting with a family member, who has been out of their life.</p> <p>Goals for Adult: The adult will be able to identify strategies for acknowledging and validating a child's feelings. Adult will be able to identify the benefits of “serve and return” interactions.</p>
<b>Emotional Vocabulary:</b>	Angry, frustrated, sad, disappointed, confused, overwhelmed, scared, worried, lonely, loved, resilient.

### Working with the Child

<b>Name of Activity:</b>	Feeling Faces
<b>Preparation/Materials:</b>	NCPMI Feeling Faces Cards & Activity Sheet
<b>Ideas of what to say or do.</b>	<p>This activity could be done with a child when they are separated from a primary caregiver and/or as they prepare to reunite after a separation.</p> <p>Prepare the Feeling Face cards, either full cards or pull-out feelings discussed in the book. As you read the book, ask the child to identify the feeling faces on the cards. Discuss types of physical reactions when feeling the different emotions. During or after reading, ask the child about any emotions they might be feeling about being away from their adult.</p> <p>Follow up activities could include drawing pictures about different emotions and role-playing conversations about the feelings.</p>

New York State

BOOK  
NOOKs

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## Working with the Adult

<b>Name of Activity:</b>	Preparing to Reunite
<b>Preparation/Materials:</b>	NCPMI Feeling Face Cards NCPMI Backpack Series ( <i>How to Help Your Child Understand and Label Emotions, How to Help Your Child Recognize &amp; Understand Anger</i> ) Resources for Serve and Return Strategy ( <a href="http://developingchild.harvard.edu">developingchild.harvard.edu</a> )
<b>Ideas of what to say or do.</b>	<p>The goal of working with the adult is to prepare him or her to reunite with the child. Through the different resources and reading the book, the adult will begin to understand the different emotions the child may have been feeling during the separation. Emphasize the importance of acknowledging validating the child's feelings.</p> <p>Introduce the concept of "serve and return". Role play the possible conversations between the adult and child. Encourage the adult to share his/her feelings about the separation as well.</p>

