

BOOK OF THE MONTH:

Meesha Makes Friends

by Tom Percival
 Ages: 3-7 years old

1. Introducing the Book:



Exploring the Cover

This story is about someone named Meesha. Can you see Meesha on the cover? What are those white swirls around her? Does it look like magic? What tool is Meesha using? The name of the book is "Meesha Makes Friends". Do you have many friends? How do you make friends?

Building Background

Each person is different and unique. Everyone thinks, communicates, and interacts with others in their own way. It is very important to respect those differences. It is also the reason why some people are great at sports, music or mathematics. It is very rare for a person to be very good at everything at once. Meesha, for example, is very creative, but she struggles with making friends. Let's read and find out how she overcomes this difficulty.

2. Reading the Book:

- Why do you think Meesha has had a hard time making friends? What does she prefer (ex. she prefers arts and crafts to loud parties)?
- When Jonas meets Meesha at the party, what does he say to her?
- What do you say when you meet a new person? Let's practice together: "Hello, my name is... Can I play with you?"
- What can you do when you see someone playing alone?
- Do other children like Meesha's crafts? What does Meesha have to do to include them in her games and make new friends?

3. After Reading the Book: Think Outside the Box



- Practicing imagination and curiosity.
- Learning to experiment to test their ideas.
- Practicing fine motor skills while working with a variety of art tools.



Materials:

- Cardboard box/boxes.
- Arts and crafts materials at your disposal.

Provide the children with a cardboard box and an array of arts and crafts supplies and recyclable materials. Depending on their ages, you can let the children decide on their own or help guide them on what to transform the box into. Here are a few ideas: colorful friends like those Meesha made, a castle, a spaceship, a toy car garage, a dollhouse, or musical instruments (like a guitar or drums).

The Calm Kit



- Learning to identify and communicate emotions and feelings.
- Practicing emotional regulation.
- Practicing to take initiative.
- Building self-identity and sense of competency.



Together with the children, assemble a bin of quiet and sensory toys to have handy when they are overwhelmed and in need of a calm-down activity. Here are some suggestions of what to put in the bin: age-appropriate sensory toys, a bottle of bubbles, small puzzle, fidgets, favorite book, etc.

References and Resources

Calm Kit Ideas

Legend

