

The Story of the Oyster and the Butterfly Book Guide

- 1. Read Aloud.** *The Story of the Oyster and the Butterfly* by Ana Gomez. Stop every few pages to point out the illustrations and answer the questions.
- 2. Talk about it.** As you read the book, talk as a family about your answers for the questions it asks.
 - a. How are you feeling?
 - b. What thoughts are you having?
 - c. How does your body feel? What sensations do you notice?
 - d. Are your feelings getting too big, too hot, or too cold?
 - e. Who is on your team of helpers?
 - f. What is a happy and safe place you can think of?
- 3. Introduce Family Feeling Check Ins.** Connect to story about how important it is to share our feelings and connect. Make time each day to connect as a family. Set a routine in place to check in around the same time each day, maybe at dinner or before bed. After everyone checks in, use a “power” (like deep breathing) and practice together as a family.
- 4. Discussion & Reflection.**

Continue the conversation with questions like...

 - *How do you know when your feeling are too big?*
 - *What does butterfly or oyster do to make the best of a tough situation?*
 - *Can each family member demonstrate one of the “powers” for each other?*
 - *Can you think of any “powers” or strategies that the book forgot?*



KEY QUESTION: How can we stay connect – to each other AND to our bodies – during such a challenging time?

WHICH "POWERS" DO YOU WANT TO PRACTICE?

- #1 Use our bodies to keep us safe (like washing our hands!)
- #2 Visit our feelings
- #3 Be kind to our feelings
- #4 See what makes us feel better
- #5 Breathing!
- #6 Cocoon like the caterpillar
- #7 Connect with our team

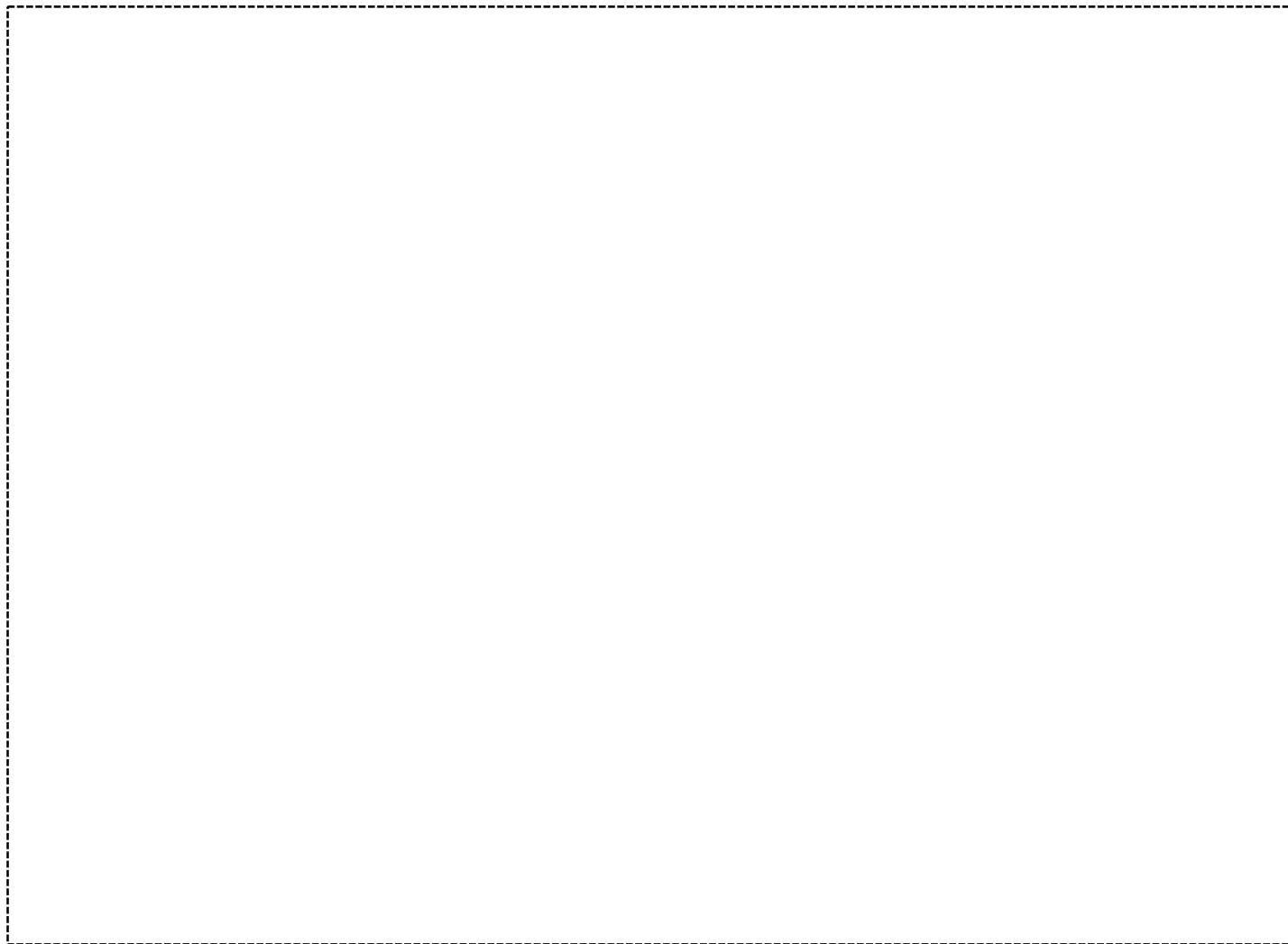
- #8 Butterfly Dance
- #9 Gorilla Taps
- #10 Think about a safe place
- #11 Sing, hum, dance, or jump!
- #12 We can connect with our hearts



Draw a picture of three "powers" to practice that would help you feel calm and connected right now. How does your body feel after you use powers?

Draw a picture of your safe and happy place. Don't forget to add the people that help you feel calm!

My safe place is called _____



The things that I see, feel, hear, smell, and taste in my safe place are _____

