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?

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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 ________________________________

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