

A SQUASH AND A SQUEEZE

Synopsis

A little old lady is not happy because her house is too small. She asks the advice of a wise old man who tells her to fill her home with noisy animals. It seems odd, but she takes his advice and is now troubled with five animals taking up space and making a mess. It's not until the wise old man tells her to get rid of them all that she realised that her house was not that small after all.

Lessons and objectives

You may think you don't have enough but sometimes having more makes life more complicated and messy. A simple life and a small space is only appreciated when you don't have it anymore.

Materials Needed

- Optimism worksheet
- Colored pencils
- Pencils
- Coloring in page
- Colored A5 paper
- Scissors
- Toilet Roll
- Black Marker
- Glue Stick
- Sticky Tape
- Paint
- Paint Brush
- Water Bottles
- Bubblewrap
- Jugs
- Containers
- Oranges
- A knife
- A whistle

Discussion Questions

1. Why is the lady not happy?
2. What does the old wise man tell her to do?
3. What happens when she takes the animals into her home?
4. Did the lady's house change? Then why is the lady happy at the end of the story?
5. What changed?

Activities:

1. Vocab - Memory
2. Optimism
3. Tiny Houses
4. Squash and Squeeze Races

OPTIMISM

Lesson Focus and Goals

Today you will introduce optimism and discuss what it means and why it is important. Let the children apply it to their own lives and then color in a poster they can take home.

Materials Needed

- Optimism worksheet
- Coloring in page
- Colored pencils
- Pencils

Do an Introduction

When someone is optimistic they are someone that chooses to focus on the positive things not the negative.

Why do you think it is good to be optimistic?

When we focus on positive things we can be happier, and doesn't happiness feel much better than being frustrated or irritated or sad? In fact although it is okay to feel sad or irritated sometimes if we feel bad too much it is not good for our body and can make us sick.

Show the children a cup of water that is filled half way. Ask them if they think it is half full or half empty?

Activity 1

Ask the children to fill in the worksheet. The children need to think of a situation in their lives.

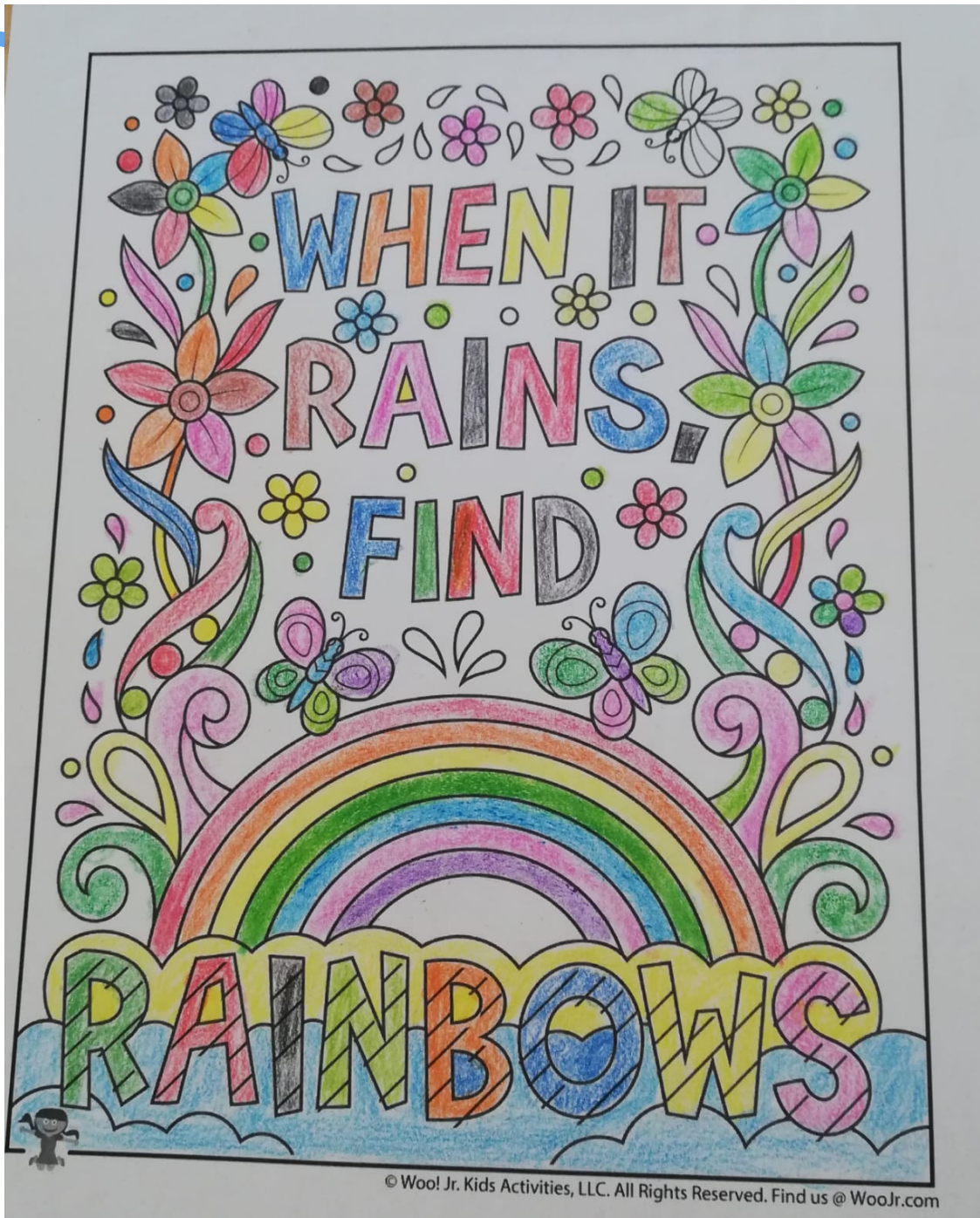
They then need to write something positive and negative about that.

Eg: I failed my maths test. Positive: I can see what I got wrong and get it right next time
Negative: I'm not good at maths

After they have done get them to share what they wrote.

Activity 2 - Colour in poster

Give each child a poster to colour in. Discuss what it means. Encourage them to put it up at home or paste it on the front of one of their school books as a reminder to stay positive.



TINY HOUSE

Lesson Focus and Goals

To remember the moral of the story the children will make their own tiny house out of a toilet roll.

Materials Needed

- Colored A5 paper
- Scissors
- Toilet Roll
- Black Marker
- Glue Stick
- Sticky Tape
- Paint
- Paint Brush
- Water Bottles

Activity 1 - Tiny Toilet Roll House

Step 1:

Paint the toilet roll.

Step 2:

Cut paper out for the roof, windows and door.

Step 3:

Use the black marker to draw the texture on the roof, windows and door.

Step 4:

Stick on windows and doors using the glue stick.

Step 5:

To attach the roof, stick tape to the inside of the roll (sticky side out) and then onto the roof.



SQUASH AND SQUEEZE RACES

Lesson Focus and Goals

Today we will practise some squashing and squeezing. Just let the children have fun competing but remind them to be good sports.

Materials Needed

- Bubblewrap
- Jugs
- Containers
- Oranges
- A knife
- A whistle

Divide the children into 4 groups for the relays today.

Activity 1 - Squash

Space the teams out and give each team a piece of bubble wrap. When you blow the whistle tell them to start 'squashing' the bubble wrap to pop all the bubbles. The first team to pop them all wins.

Activity 2 - Squeeze Relays

Line each team up on one side. Opposite their lines put a jug and a container of oranges that you have cut into halves.

Time 8 seconds for each child and then blow the whistle. When you blow the whistle the first two children run across and squeeze the oranges until you blow the whistle again. They then run back and go to the back of the line and the next child goes.

After everyone has gone a few times you see which team has made the most juice.