

LAST STOP MARKET STREET

Synopsis

Every Sunday after church, CJ and his grandma ride the bus across town. But today, CJ wonders why they don't own a car like his friend Colby. Why doesn't he have an iPod like the boys on the bus? How come they always have to get off in the dirty part of town? Each question is met with an encouraging answer from grandma, who helps him see the beauty and fun in their routine and in the world around them. This energetic ride through a bustling city highlights the love and understanding between grandparent and grandchild and to appreciate the beauty in everyday things.

Lessons and objectives

This book teaches the emotional intelligence skill of optimism showing there is always something beautiful to be grateful for. It also reminds us that it is good to ask questions and talk about the differences in the world around us.

Materials Needed

- Gratitude yoga hand out
- Pick up sticks
- Pick up sticks colour chart
- Red, Orange, Yellow Watercolour
- Paintbrushes
- Water bottles
- Glue Stick
- Black paper
- Scissors
- A4 watercolour paper
- A4 colored Paper
- Acrylic paint
- Cardboard boxes
- Clear Glue
- Pencils

Activities:

1. Vocab - Rolling Words
2. Practising Gratitude
3. Sunset Shadows
4. Build a bus

Discussion Questions

1. The characters in the book are all different in different ways. Are there some ways in which they are all the same?
2. Can people just be different without one being better than the other?
3. Do you think if the blind man could suddenly see he would be happier? Why or Why not?
4. CJ and his Nana do the same thing each week (a routine). Different families and different people have different routines. After church, CJ and his Nana go help at the soup kitchen. Do they have a good routine? What are some of your family's routines?
5. Do you always feel like doing your routines? What are good things about routines? Are some routines better than others?
6. Do you think volunteering makes Nana and CJ happy? Why or why not?

PRACTISING GRATITUDE

Lesson Focus and Goals

Being optimistic means being able to see things in a positive light. The best way to stay positive is to learn how to be grateful for what we have. Today you will do some gratitude activities with the children.

Materials Needed

- Gratitude yoga hand out
- Pick up sticks colour chart
- Pick up sticks

Structure/Activity

Do an Introduction

Being able to stay positive is much easier when we know how to be grateful for what we have. Today we going to practise gratitude.

Activity 1 - Gratitude Reflection

To practice gratitude reflection, follow these steps:

Get the children to settle themselves in a relaxed posture, if possible outside. Ask them to close their eyes and take a few deep, calming breaths to relax.

Read the following to them slowly:

- Let your awareness move to your immediate environment: all the things you can smell, taste, touch, see, hear.
- Give yourself time to think of different things. For each one say to yourself: "For this, I am grateful."
- Next, bring to mind those people in your life to whom you are close: your friends, family, teacher.... Say to yourself, "For this, I am grateful."
- Next, turn your attention onto yourself: you are a unique individual, blessed with imagination, the ability to communicate, to learn from the past and plan for the future, to overcome any pain you may be experiencing. Say to yourself: "For this, I am grateful."
- Finally, rest in the realization that life is a precious gift. That you have been born into a period of immense prosperity, that you have the gift of health, culture, and access to spiritual teachings. Say to yourself: "For this, I am grateful."



Activity 2 - Gratitude YOGA

See the yoga pose's hand out and practise each pose with the children.

Activity 3 - Gratitude pick up sticks game

Put the children into 4 groups.

Each group should drop the sticks in a pile .

The children need to pick up a stick without causing any of the other sticks to move.

If any of the sticks move they need to put it back.

If they managed to get a stick without the others moving then they need to check the colour chart handout and use it to name something they are grateful for.



SUNSET SHADOWS

Lesson Focus and Goals

Today the children will make beautiful sunsets and silhouettes.

Materials Needed

- Red, Orange, Yellow Watercolour
- Paintbrushes
- Water bottles
- Glue Stick
- Black paper
- Scissors
- A4 watercolour paper

Activity - Sunset shadows

Allow the children to look through the pictures in the book. In the book CJ closes his eyes while the man is playing and visualizes many things. Put on music of a man singing with just a guitar. Tell the children to close their eyes and see what they can imagine.

Step 1: Paint the background on the page in beautiful sunset colours.

While the paint dry's ask the children to close their eyes again. Explain that this book shows CJ's neighbourhood and that today they will create a picture of the place where they live. Let them think about where they live.

Let them open their eyes and make a list of sight and sound words that describe their neighbourhood i.e busy, taxis, spaza shop, friendly people etc.

Step 2: Next let them select a few items from their list. They can draw these on the black paper and cut out the shapes.

Step 3: Glue the shapes onto the paper with the painted the sunset.

Explain the important part in the book where CJ's grandma helps him find the beauty in the sky, in the ordinary. Let the children use their crafts to share their stories of the beauty they see around them.



BUILD A BUS

Lesson Focus and Goals

Today the children are going to practise teamwork and design their own bus like the one CJ and Grandpa took. It is good for the children to come up with their own designs using the recycled material. If possible ask the children to bring stuff they can possibly use for this day.

Materials Needed

- Paper
- Water bottles
- pencils
- paint
- Cardboard boxes
- Glue Stick
- Paint Brushes
- Scissors
- Clear Glue

Introduction

What kind of public transportation does your neighbourhood have, if any?

What improvements would you like to see in your town's transportation? Discuss.

Activity - Build a bus

Work together in pairs and transform recycled items into a 3D bus like the one CJ and his grandma ride.

