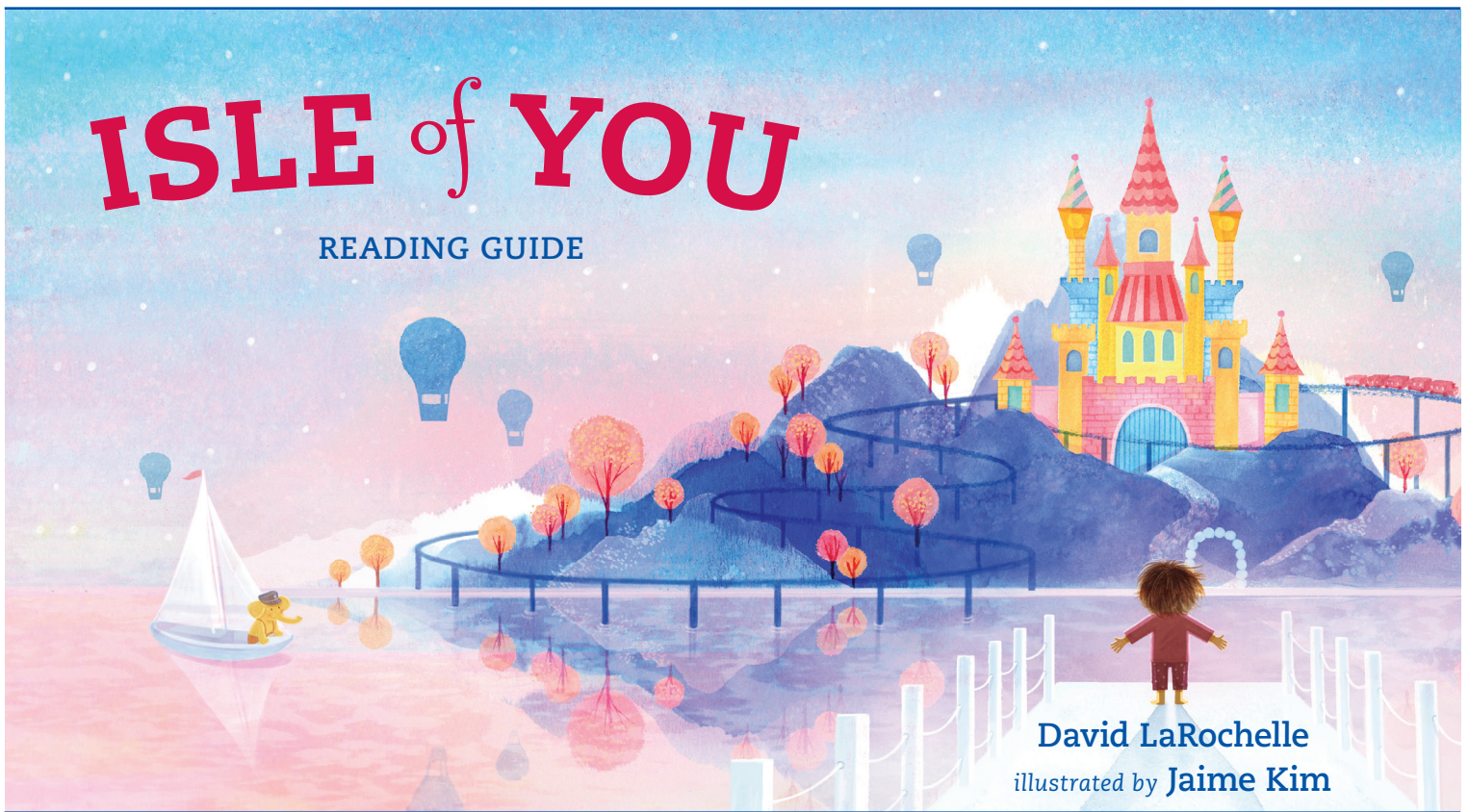


ISLE of YOU

READING GUIDE



David LaRochelle

illustrated by Jaime Kim

Whether you are sharing this book with an entire class, a handful of children, or just one-on-one, here are some simple ways to help extend your reading.

READING THE BOOK

Show the cover and read the title. Explain that an isle is a small island. Ask the children what sorts of things they can see on this isle. Can they guess what else might be found there?

Read the story aloud, allowing the children plenty of time to notice the details in the illustrations.

After reading, invite the children to respond to these questions:

- Why do you think the island is called the Isle of You? (Point out that the name also sounds like “I love you.”)
- Is this a place that you would like to visit? Why?
- If you had your own personal island, what would it look like? What would you do there?
- Do you think the child is feeling better at the end of the story? Why do you think so?
- When you are feeling bad, what are some things that you can do to help yourself feel better?
- What is something you might do to help another person who is feeling bad?

HC: 978-0-7636-9116-5 • \$16.99 (\$22.99 CAN) • Ages 3–7 • 32 pages

Visualize This

Visualization can help children deal with stress. Lead the children through this short relaxation exercise. Invite them to close their eyes as you read the following script.

Take three slow deep breaths.

Let your whole body relax, from the top of your head to the bottoms of your feet.

Picture a big basket where you can dump all of your worries.

Imagine shaking all of your worries out of your body and into the basket.

Picture a beautiful boat arriving to take you to your own Isle of You.

Climb into the boat and sail away.

Feel the sun on your skin and the wind in your face as you sail across the water.

When you arrive at the island, what does it look like?

Who is waiting for you?

Imagine all the things you'd like to do there.

Take time to explore the island.

When you are ready, take three more deep breaths.

Slowly open your eyes.

Allow volunteers to share what their island looked like and something they did while they were there.



A Library of Feelings

Books are a safe way to explore all types of emotions. Check out some of these titles from your library. As you share the books, discuss how the characters deal with their feelings. Ask, “If you were that character, would you act the same way or differently?”

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst, illustrated by Ray Cruz

My Cold Plum Lemon Pie Bluesy Mood by Tameka Fryer Brown, illustrated by Shane Evans

My Many Colored Days by Dr. Seuss, illustrated by Steve Johnson and Lou Fancher

Sometimes I’m Bombaloo by Rachel Vail, illustrated by Yumi Heo

Tough Guys Have Feelings Too by Keith Negley

When Sophie Gets Angry — Really, Really Angry . . . by Molly Bang

The Charms of Music

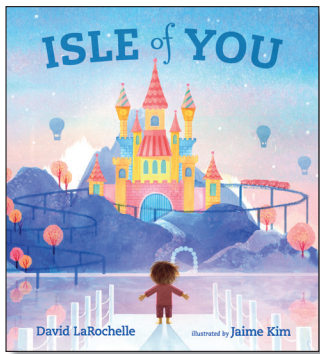
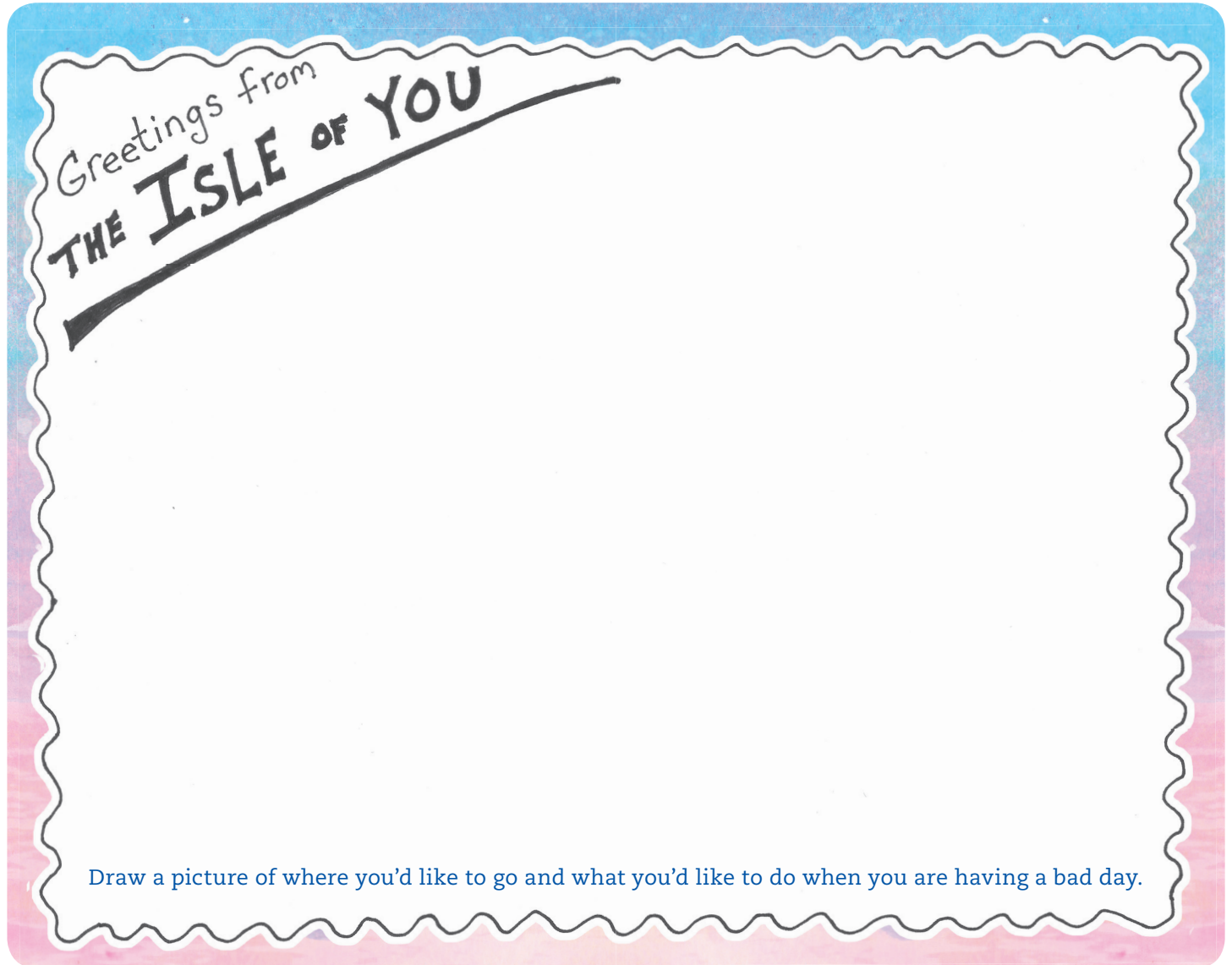
Explore the power of music by playing a selection from one of the pieces below, all easily found on the Internet:

- “Morning Mood” from *Peer Gynt* by Edvard Grieg
- Canon in D by Johann Pachelbel
- “March of the Priests” from *The Magic Flute* by Wolfgang Mozart

For more options, search the Internet for “relaxing music for kids.”

As the children listen, invite them to close their eyes. Ask them to describe how the music makes them feel (calm, peaceful, sleepy, etc.). Point out that for many people, listening to music can be a good way to relax. Ask the children if they have any favorite songs that they like to listen to when they’ve had a hard day. Are there other ways that music can make us feel besides relaxed? Happy? Excited? Brave?





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