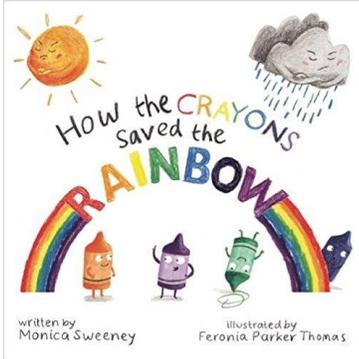




# SEEDS for Story Time

## Promoting Social Emotional Development Through Books



### ***How the Crayons Saved the Rainbow***

By Monica Sweeney

**H**ow the Crayons Saved the Rainbow teaches the importance of teamwork and perseverance through seven crayons with unique personalities and their desire to see the world in color. The Sun and the Clouds are best friends. Together they keep the world warm, the gardens growing, and the sky full of beautiful rainbows. But one day they get into a fight and refuse to be in the sky together. And that means there are no longer any rainbows. (Ages 3-6)

### Introducing this book to young children:



CLL5.4a

Before reading the story, ask the children what they do when they are feeling mad toward someone. Tell the children what you do when you are feeling mad. Explain that everyone has a different way to show that they are feeling mad and that there isn't a right or wrong way. Some of us are quiet, some shout or cry. Some want to be alone and some want to tell someone else. Tell the children that you are going to read a story about best friends, Sun and Clouds, and what happens when they get in a fight.



SED5.3d

Ask the children how they know when someone is mad or frustrated. Would they smile or frown? Show some pictures of children showing different emotions (make sure some of the faces look angry or mad). Ask how they think the children in the pictures are feeling and why they think that (point out facial expressions). As you read the story, pause to look at the illustrations focusing on the facial expressions of sun and clouds.



SED2.4b

Discuss different colors and their association with emotions. For example, blue with sad and yellow with happy. We may all associate different feelings or moods with each color. While blue is often associated with sad, many people also find it very peaceful and calming. Make a chart with different colors across the top. Ask children to pick which color represents how they are feeling. Talk about why they picked the color to represent their feeling and allow each child to put his picture or other indicator under the chosen color.

# SEEDS for Story Time

Repeated readings of the same book provides opportunities for preschoolers to develop a sense of competence and confidence. Children learn to point at and label pictures, turn pages, discuss the story, and make predictions of what will happen next, while learning new words and relating the story to their own experiences. Read *How the Crayons Saved the Rainbow* for several days in a row and use some of the ideas, activities, and teaching opportunities listed below to enhance social and emotional skills.



## GELDS Activity Spotlight

### Art

Provide paper plates, butcher paper and paint in the art center. Red, yellow, and blue are great alone but when you mix them with a friend, you can do so much more. Place butcher paper on a table for the friendship mural. Have the children pick a friend to work with and give them red, yellow, and blue paint. The children can each use one color and mix the two colors together. Ask questions, “Can you create that color again?” “How many different colors can you make?” and “How can you make that color brighter?”. **SED5.4b**

### Science

On a sunny day, hold a clear glass of water above a sheet of white paper and watch as the sunlight passes through the glass of water. Explain how light refracts (bends) and forms a rainbow of colors on the sheet of paper. Try holding the glass of water at different heights and angles to see if it has a different effect. Also try this activity with prisms in water. This can be done in the science center or during outdoor time. **CD-SC1.4b**

### Cooking

Take one white cake mix and follow the directions on the package. Give each child a Dixie cup with batter and have them add food coloring to create the color batter of his/her choice. Each child then pours their batter into a greased Bundt pan. As they pour it in, encourage them to add their own special ingredients such as kindness, hugs and helping hands. This is a great way to talk about building friendships. Once all the colors are in the pan, take a knife and swirl it around a couple of times. Bake and serve the cake to eat with friends. **SED5.4a**

## Focus on Family

Families can make rainbow art with common household items. You will need water colored with food coloring, in two or three different colors. Place in small containers, using spoons or droppers. Cover a tray with several layers of newspaper and then a layer of paper towels. Show your child how to drop the paints onto the paper towels. Talk about the colors spreading and mixing together. Say, “We didn’t have any orange paint. I wonder where the orange color came from?” This is a great opportunity to talk with your child about working together. **CD-CP2.2e**

