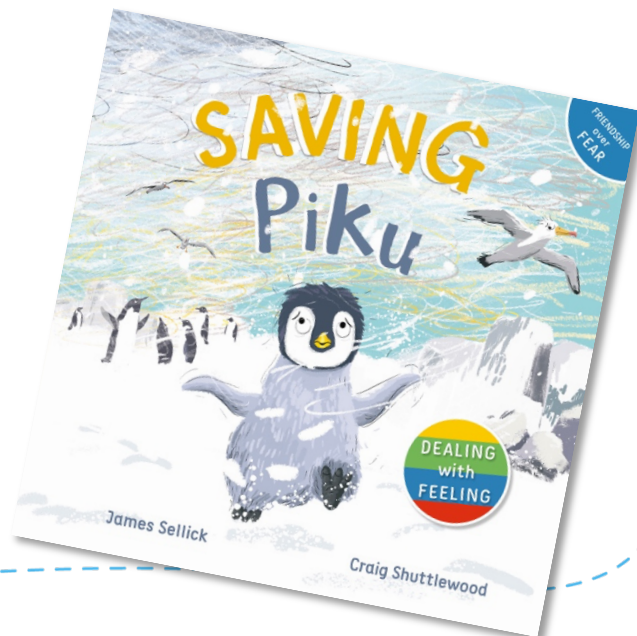


Teaching Notes: SAVING PIKU

Written by James Sellick
Illustrated by Craig Shuttlewood
Published by New Frontier Publishing



SYNOPSIS

One Tuesday morning, Pal is teaching Piku how to sing when the Beast suddenly shows up. Fear quickly spreads through the colony and the dads do everything they can to protect their little ones. Will they be able to keep them safe?

ABOUT THE SERIES

Explore feelings in this fantastic new picture book series, Dealing with Feeling. Through fun and enchanting stories, there's subtle guidance on how to recognise and manage emotions in a positive way. With bright, engaging illustrations and lots of delightful animals that children can identify with, this is a perfect way to deal with big feelings.

ABOUT THE AUTHOR

James is an award-winning children's author and creative director from London. His debut story, *There's a Rang-tan in my Bedroom*, brought the horrible truth about palm oil to the surface. His follow-up story, *There's a Jag-wah in my Kitchen*, exposed the dangerous world of industrial meat. Now, as we finally emerge from the pandemic, James wants to help children better understand the complexities of their emotions, whilst keeping them entertained at the same time. He hopes his new 'Dealing with Feeling' series with publisher New Frontier will do exactly that, starting with managing anger, conquering self-doubt, coping with loss and sticking together in the face of fear.

ABOUT THE ILLUSTRATOR

Craig Shuttlewood is a children's book illustrator who likes colouring in, mountain biking, being near the sea and writing stories. His doodles have helped make over 20 books, several of which have won awards. Craig lives in Brighton, UK, with his wife and two small people called children.



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EDUCATIONAL APPLICABILITY

Saving Piku is a heart-warming tale which mixes a fun story with guidance on how to recognise that it's vital to ask for help when needed, and that working together as a team is an important part of child development. Together, we are almost always stronger. James Sellick's playful text combined with Craig Shuttlewood's hilarious, expressive illustrations offer a crucial starting point for children to talk about fear, empathy and emotions. *Saving Piku* is the second book in this exciting, new series about big feelings.

DISCUSSION QUESTIONS

1. Introduce *Saving Piku* to the children and ask them what they think the book might be about.
2. Pal and Piku are emperor penguins. What do you know about them? Where do they live?
3. What is 'the beast'? What happens to Piku?
4. What does Pal do to save his chick, Piku?
5. Ask the children what they would do if they needed help?
6. How do the other penguins help?
7. Talk about the power of working together as a team. What examples can you think of?
8. What are the advantages of working together?
9. What happens at the end of the story?
10. After reading the book, ask them what they thought of the story? Which was their favourite part and why?



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EMPATHY

Through this story, children can see how Pal is feeling – afraid. Focus on helping children see through the eyes of the character – not just looking in at the character from their own viewpoint but really getting under the skin of the character and looking out *as* the character.

Empathy is understanding how somebody else feels and acting appropriately, whether that's giving them space or trying to help them with their 'big' feeling. In order for a child to demonstrate appropriate empathetic behaviour towards someone else, they must fully understand the broad range of emotions they feel on a daily basis, appreciate that others might have different feelings than their own, be able to put themselves in another person's shoes and understand how they might be feeling, and choose an appropriate response.

Developing empathy in children is not something that happens overnight, and while some people grow up to be more compassionate than others, research suggests our experiences can either help or hinder our ability to empathise with others, and that parents, teachers and carers play a pivotal role in teaching compassion and empathy to children.

Why is empathy important?

We're all born with the capacity to be empathetic towards others, but our ability to develop a strong sense of empathy is down to how much practice we get. Since empathy plays a huge role in our ability or inability to form meaningful relationships with our peers, classmates and co-workers, it's a skill that can set us up for long-term success if taught correctly.

When do children learn empathy?

While research suggests that children aren't fully capable of 'taking a walk in someone else's shoes' until they are about 7 years old, a child's experiences early in life are said to play a much bigger role in developing empathy than we think. When parents, carers and teachers take the time to teach their children simple emotions, model empathetic behaviour and provide positive reinforcement when their child shows compassion, they are building the foundation needed to identify with the feelings of others.



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Naming and talking about emotions

To be able to understand how another person is responding to their situation, we must be aware of our own feelings. A child who knows when they are afraid (or frustrated or angry or anxious ...) is considerably more likely to be able to recognise anger in someone else. Our job as parents, carers and teachers is to teach our children the words for what they are feeling and that emotions are completely natural. For example, saying something as simple as, 'I can tell you're frightened of the thunder' shows that what they are feeling not only has a name, but is something the adult can relate to. In a similar situation, this child can now better recognise fear in another child, having experienced the feeling themselves.

Empathy through stories

A key way children can learn empathy is through books. In *Saving Piku*, the reader can recognise that Pal feels afraid. The story then shows how Pal overcomes his fear, asks for help and all the penguins work together to save Piku.

In the team

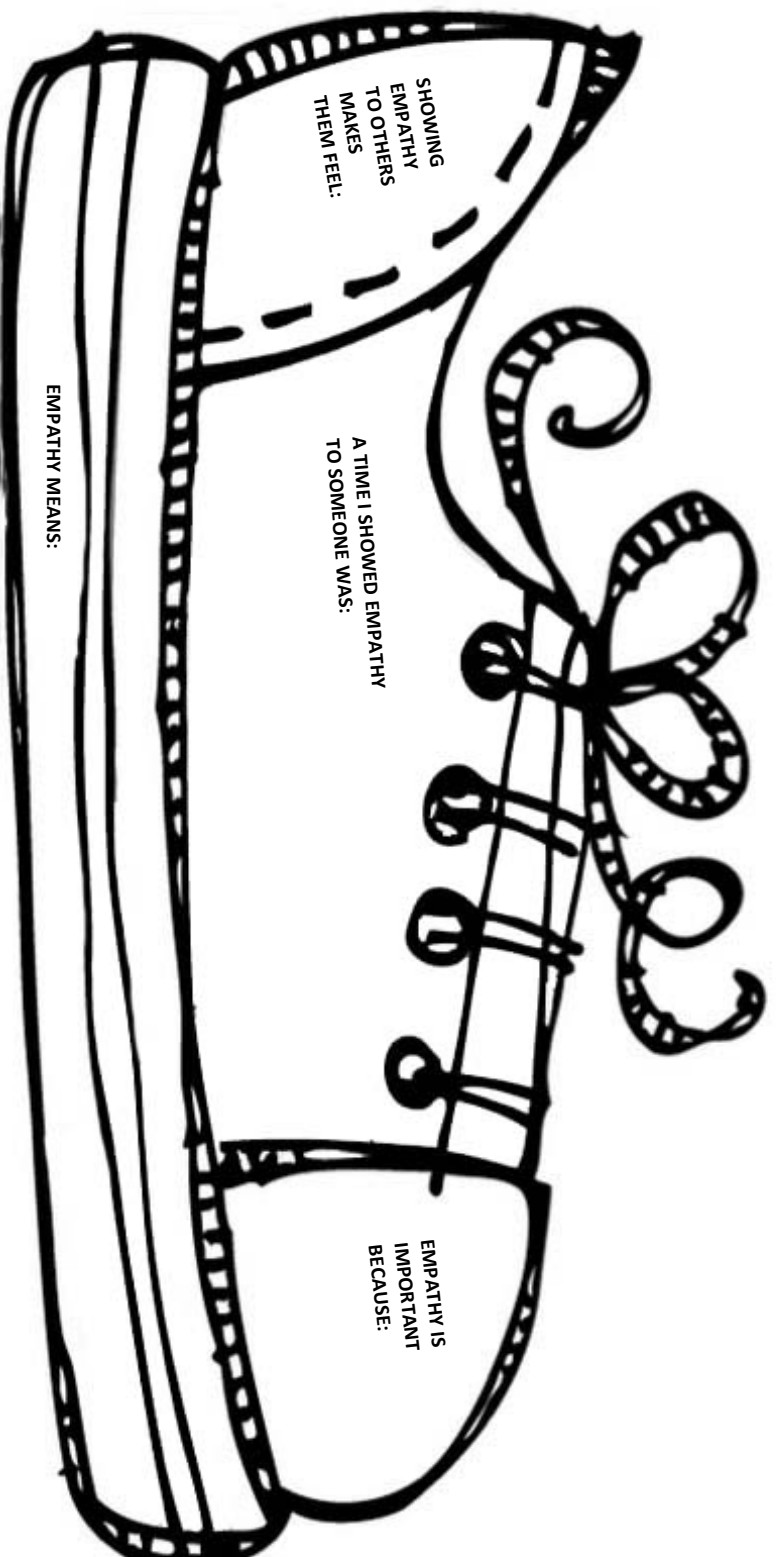
Teamwork and working with others is central to a young child's personal, social and emotional development. Learning how to share, take turns and help others is crucial to forming friendships and operating successfully within a group.

Supporting others gives children a sense of achievement and self-worth – and it is equally important that each individual learns to accept help with grace and gratitude. Playing alongside others also offers children lots of opportunity to develop joint strategies and discover different ways of approaching a task.



EMPATHY ACTIVITY

'Empathy is putting yourself in another's shoes to find out what exactly that person is feeling or going through at the given time.' Deepa Kodikal
Look at the shoe below, and answer the questions.



I CAN SHOW EMPATHY ACTIVITY

Fill in the boxes below.



When someone is
angry, I can ...

When someone is
anxious, I can ...

When someone is
confused, I can ...

When someone is
disappointed, I can ...

When someone is
embarrassed, I can ...

When someone is
frustrated, I can ...

When someone is
hurt, I can ...

When someone is
sick, I can ...

When someone is
lonely, I can ...

When someone is
proud, I can ...

When someone is
sad, I can ...

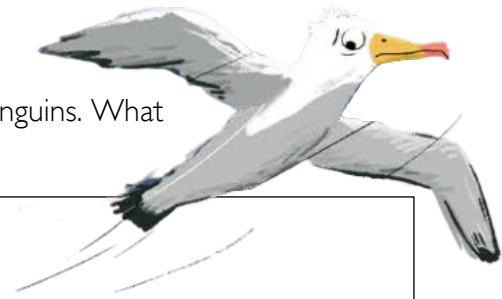
When someone is
scared, I can ...



FUN
ACTIVITY!

DRAWING ACTIVITY

Draw a picture of Pal and Piku together with the other penguins. What are they up to?



A large, empty rectangular box with a thin black border, intended for drawing a picture of Pal and Piku with other penguins.



DRAWING IN PAIRS ACTIVITY

Seat two children back to back, each with a sheet of paper (you can photocopy this page) and a pot of coloured pencils. Let the children take turns to tell their partner what to draw – 'Please draw a red cat', 'Please draw a blue car' then 'Please put a green hat on the cat', 'Please make the car's wheels purple' – and so on. When the drawings are finished, talk about how the pair have produced a joint artwork made up of one child's ideas and the other child's drawing. Emphasise the importance of giving simple, easy-to-follow instructions and waiting patiently if you finish before your partner.



PHYSICAL SENSATIONS

Our emotions are connected to the physical sensations we feel in our bodies. These physical sensations we feel help us understand what emotions we are experiencing. The better we are at paying attention to these physical sensations, the more able we are at knowing what emotions we are experiencing. Fill in the boxes below with physical sensations. It might be different for each person. There are some examples of bodily sensations below to help you.

When I feel scared,
the physical
sensations I notice in
my body are

When I feel angry,
the physical
sensations I notice in
my body are

When I feel sad, the
physicals sensations
in my body are

When I feel happy,
the physical
sensations in my
body are

When I feel anxious
or worried, the
physical sensations in
my body are

When I feel
frustrated, the
physical sensations in
my body are

Aching
Fizzy
Weak
Sick
Knotted
Hard to breathe
Flat
Empty
Hot
Cold

Wobbly
Tense
Fluttery
Bursting out
Pressing in
Flushed
Burning
Shaky
Shivery
Sinking

