

READY READERS BOOK PLAN

Suggested Grade: 2nd-3rd	Facilitator:	Grade:	Lesson Date(s):
Book Title and Author(s)/Illustrator(s): <u>The Happiest Tree</u> Written by Uma Krishnaswami and Illustrated by Ruth Jeyaveeran			
Theme(s)/Big Idea(s): Confidence; Overcoming challenges; Helping each other; Getting better at new things takes practice; We can do things that feel hard.			

VOCABULARY PLAN

Focus word & kid-friendly definition: Confidence- believing in yourself and what you can do.	
Image/symbol: Show “Word on the Street” video from Sesame Street. Play at least through 2:14, but feel free to show more. Sesame Street: Confidence (Word on the Street)	Gesture: Prompt children to act out what confidence looks and feels like with their faces and bodies.
Use in context: When I first started cooking new kinds of foods, I was always worried that it wouldn’t turn out right or taste good. I was so nervous, that I didn’t want to try at all. I still get nervous, but with more practice, I had more confidence that my food will be tasty!	
Prompt kids to use in context: Can you think of a time that you have a hard time feeling confident? Call on a few volunteers to share.	
Bridge to book: In our story, Meena is having a hard time feeling confident. As we read, let’s notice how her confidence changes and why.	

BEFORE READING

write questions and student interaction (T/T, S/J, Act-it-out)

<ul style="list-style-type: none"> • Review RR expectations • Introduce Book/Author/Illustrator • Teach focus vocab word (See plan above) • Ask 1-2 questions to activate prior knowledge/ solicit predictions 	<p>Explain that today we are reading a story called <u>The Happiest Tree</u>. It was written by Uma Krishnaswami and Illustrated by Ruth Jeyaveeran. Before we read, let’s learn our word of the day. Use the vocabulary plan to to teach the focus word. Then continue below.</p> <p>Q1. I’m wondering if any of you have heard of yoga.. Give me a thumbs up if you have and a thumbs down if you haven’t. Follow-up: Has anyone done yoga or taken a yoga class before? Repeat the thumbs up/thumbs down.</p> <p><i>Prompt children to give a thumbs up or thumbs down in response to the prompts. Then, call on any children that gave a thumbs up to share what they know about yoga. Then, use the “More About Yoga” section at the end of the book to share some kid-friendly context. Stop before the section on the poses, since you will not have read the story yet.</i></p>
---	--

DURING READING

write questions and vocab with page numbers and student interaction (T/T, S/J, Act-it-out)

<ul style="list-style-type: none"> • Ask 3-4 questions that target different comprehension strategies (predict, infer, connect, synthesize) 	<p>Q1. Why doesn’t Meena want to be in the class play? What words could we use to describe how she is feeling about it?-pg. 3 (Hands-Up/Volunteer)</p> <p><i>Call on a few volunteers to share words we could use to describe how Meena is feeling. Ideas to look for: nervous; anxious; scared; embarrassed; worried; afraid.</i></p>
--	---

READY READERS BOOK PLAN

<ul style="list-style-type: none"> Note opportunities to reinforce focus word. Identify other potential new vocab to define while reading 	<p>Q2. Why does Meena wish she could disappear right now? Follow-up: Have you ever felt like Meena? -pg. 4 (Turn and Talk)</p> <p><i>Prompt children to Turn and Talk. After 1-2 minutes, take a few shares from pairs. Ideas to look for: She isn't feeling confident; She is feeling embarrassed; She can't get the movements right and keeps stumbling. Answers to the follow-up can vary.</i></p> <p>Q3. Why do you think Meena decided to sign-up for the yoga class? -pg. 10 (Turn and Talk)</p> <p><i>Prompt children to Turn and Talk. After 1-2 minutes, take a few shares from pairs. Answers can vary, but prompt children to explain their idea. Prompt children to agree with ideas shared or to add a new idea.</i></p> <p>Q4. Meena is starting to feel more confident. What is happening to make her feel more confident? -pg. 14 (Hands-up/Volunteers)</p> <p><i>Call on volunteers to share. Ideas to look for: Auntie is helping her by telling her what she is doing well and what she can do better; She is practicing; She keeps trying</i></p> <p>Q5. What problem is Meena having right now? Follow-up: What do you think she is going to do? -pg. 24 (Hands-up/Volunteer)</p> <p><i>Call on volunteers to share responses to the first question. Then ask the follow-up and call on new voices. Prompt children to agree with predictions or to add different ones.</i></p> <p>Where and how will you reinforce the focus word? What additional words might you address while reading? The focus word is reviewed through the comprehension questions.</p> <p>Additional words:</p> <ul style="list-style-type: none"> Clumsy Rehearsal Stumbled Disappear Astonishment Yoga Rooted Performance <p>Additional Notes: The story includes a number of words in Hindi. Use the pronunciation guide to review these words along the way. This guide can be found after the title page.</p>
---	--

AFTER READING

write questions and student interaction (T/T, S/J, Act-it-out)

<ul style="list-style-type: none"> Ask 1 question reflecting on book theme Make connection to extension activity 	<p>Q1. How did the practice of yoga help Meena to be more confident? Follow-up: What else did she learn from taking yoga classes? (Hands-up/Volunteer)</p> <p><i>Call on volunteers to share ideas. Prompt other children to add on to what they hear.</i></p> <p>Q2. What could we learn from Meena's story? (Turn and Talk)</p> <p><i>Prompt children to Turn and Talk. After 1-2 minutes, take shares from pairs.</i></p> <p>What will you say to connect the theme or big idea to extension activity:</p> <p>Meena learned that it is okay for things not to be perfect. She also learned that with practice, she could gain more confidence and keep getting better, even when something is hard. She just needed to believe in herself and keep trying.. For our special activity, we are going to practice poses we can use when we need a boost of confidence.</p>
--	---

READY READERS BOOK PLAN

EXTENSION ACTIVITY

Activity Description

Affirmation Poses

Children will create poses with their bodies to represent different affirmations.

Materials

- List of affirmations for instructor
- Brainstorm Chart
- Sample Affirmations:
 - “I am strong”
 - “I am beautiful”
 - “I can do hard things”
 - “I try my best”
 - “I am powerful”
 - “I am smart”
 - “I am creative”
 - “I can do anything”
 - “I am loved”

Introduction

Explain that for our special activity today, we are going to be using our bodies to create affirmation poses. An affirmation is kind words we say to ourselves or others when we need encouragement or a reminder of how awesome we are. For example, I might say “I am smart” or “You have a powerful brain”. I could also “I am loved” or “You are loved”. Today we are going to create poses that represent these words.

Model

Show children an example. First, read one of the affirmations aloud and then model making a pose to represent those words.. Ask children to try the same affirmation and pose with you. Now ask them to create a different pose for the same affirmation.

Brainstorm (Whole Group)

Ask children what other words we might say to ourselves when we need encouragement, to feel more confident or just to feel better. Jot down any ideas that children share and add additional ideas to help generate a list.

Instructions for Independent Work

Explain that now you are going to read different affirmations from our list and they will have a chance to create their own poses to represent these words. Share an affirmation and invite children to create and hold their poses for ten seconds. You might also invite them to take deep breaths as they are holding the poses. After 10 seconds, have children reset. Then repeat with 5 or 6 more affirmations.

Share Back and Reflection

Invite children to form a standing or seated circle. Ask children to share the following:

- Which pose was your favorite? Why?
- How did the poses make you feel?
- How can we use these poses when we are not in Ready Readers? When else might you use them?

Additional Ideas for Extension Activities

- If your site has the space and equipment (mats) for children to practice safely, you might have children practice yoga either by showing a kid-friendly video or by modeling a few poses to try.

READY READERS BOOK PLAN

[Appuseries Yoga Videos](#)

<https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>

[Cosmic Kids Yoga](#)

<https://www.kidsyogastories.com/kids-yoga-poses/>