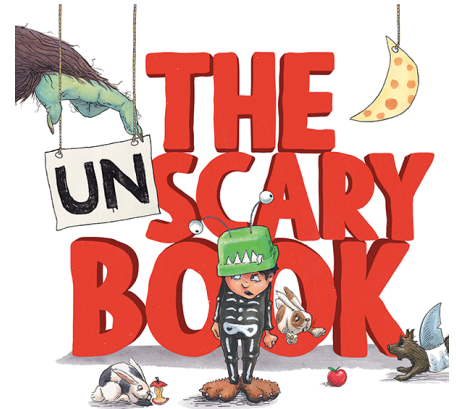


# LEARNING TIME

## The Unscary Book by Nick Bland

*Nicholas Ickle is back and he wants to introduce you to a scary book. However, he becomes increasingly frustrated by all the unscary things that keep appearing. Apple trees and rainbows are hardly scary, so Nicholas is delighted when a monster finally shows up. Will Nicholas get his scary story?*



Nick Bland

### Key Message for Parents | Children's wellbeing is critical to brain development and learning

- Children need opportunities to learn about emotions. Wellbeing encompasses your physical, social, emotional, cognitive and spiritual health.
- Children are constantly learning and experiencing emotions. Emotions are a tricky thing for young children and toddlers. They're overwhelming and hard to understand.
- Picture books help introduce emotions and offer ways to manage them. Many children
- experience feeling scared at times.
- Talking about how a child is feeling and what their body is doing can help them cope with their emotions and give them ways to overcome them.

### Australian Early Years Learning Framework (EYLF) | Outcome 3: Children have a strong sense of wellbeing

We can help young children develop a strong sense of wellbeing

- Talking about their emotions
- Valuing a child's opinion and provide opportunity for them to practice decision making
- Spending quality time with children and providing genuine affection.

### Welcome

Ask carers to write nametags for themselves and their children.

Welcome everyone, introduce yourself, remind adults to turn their mobile phones off and that there will be time for adults to chat after the story and songs.

### Welcome Song (or your preferred song)

Have the words available as a handout or written on a board or butcher's paper for the adults to read and join in.

### Good Morning

*Good morning to you  
Good morning to you  
Good morning everybody  
and welcome to you!*

**Welcome everyone! – You are going to love today’s story, it is called *The Unscary Book!***

### Song - Monster monster

A great way to get the wiggles out before you start the story while setting theme.

*Monster Monster, Turn Around!* (turn around)  
*Monster, Monster, Touch the ground!* (touch ground)  
*Monster, Monster, Reach up high!* (stretch up high)  
*Monster, Monster, Squint your eyes!* (squint eyes)  
*Monster, Monster, Show your teeth!* (bare teeth and make claws)  
*Monster, Monster, Stomp your feet!* (stomp)  
*Monster, Monster, Slap your knees!* (slap knees)  
*Monster, Monster, Sit down, please!* (sit down)

### Before Reading

Ask some questions before you show the book:

- *Does anyone every feel scared?*
- *What things are you scared of?*
- *What does your body do when you are scared?*
- *What sort of face do you make when you are scared?*

Make a list of scary things- you can refer back to this at the end of the book.

Show the cover and read the title. Point out the use of the UN before the word scary. Do children know what unscary means.

Are there any scary things on the cover?

### During Reading

There is a phrase that is repeated throughout the story- My name is Nicholas Ickle and from now on.....

This provides a great opportunity to get children involved by repeating this phrase with you. Ask the children as you reveal each unscary thing- Is this scary? They will love to shout out “No”.

Use lots of expression when reading the scary words (in bold) and try to make them sound scary, spooky, terrifying, frightening and horrifying.

### After Reading

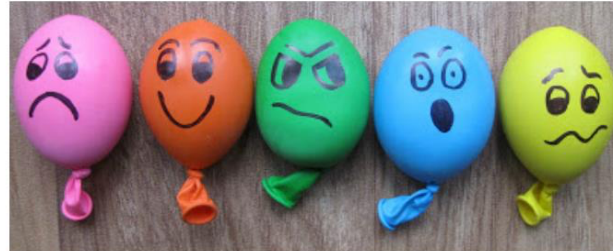
Ask if any children are scared? Did any of the things in the book appear on the list of scary things we made before reading.

### Extension Activities

Emotion stress balls

#### What you will need:

- Balloons
- Flour
- Texta
- Funnel
- Spoon



#### What to do:

1. Place the funnel into the neck of the balloon
2. Using the spoon add flour to the funnel to fill the balloon
3. Leave enough space to tie the balloon into a knot
4. Using the texta draw a range of different facial expressions onto the balloon

#### Using the balloons

Lie the balloons on a table and ask the child to find the happy face. Once they have selected the happy face ask them to make that expression with their own face.

**Tip:** Place the child in front of a mirror so they can see the way their face changes based on how they are feeling. Continue the game by asking to find all the other emotions- sad, worried, surprised etc.



### STEM Activities - Engineering

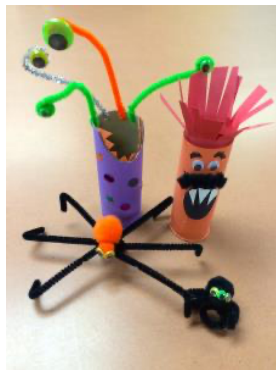
Children are natural engineers. They love to build and construct. If left to themselves, kids' play often includes engineering. You can easily encourage this with specific comments like "I can see you've been engineering" when they show you the cool monster they've constructed.

#### **Activity- Children design and construct a scary monster.**

Start the activity by getting children to 'design' their monster. This can be as simple as drawing a picture of what they are going to create.

Next provide the medium that they will create their monster from, some options include:

- Using Lego or Duplo style blocks – this is a clean activity
- A range of recycled boxes and cylinders, egg cartons, sticks, feathers, buttons, googly eyes paper and card etc with glue, sticky tape and paint



<https://frugalfun4boys.com/lego-monsters-building-challenge-for-kids/lego-monsters-1-edited/>

### Goodbye

Conclude the session with some suggestions of books that parents might want to share with their children. Raising Literacy Australia suggests the following books to support learning in this area. If your library has copies, make them available for families to borrow or include them in your story time session. For some more stories to share, we recommend the following titles:

- **Joey & Riley** by Mandy Foot
- **Giraffes Can't Dance** by Giles Andreae, Guy Parker-Rees
- **When You're Going to the Moon** by Sasha Beekman & Vivienne To

### Goodbye Song

Depending on the size of your group, you may wish to insert each child's name in the place of 'you' as it develops a more personal relationship between yourself, the child and the family.

Sung to the tune of (*Here We Go Round the Mulberry Bush*) or your choice.

### Goodbye

*This is the way we say goodbye (wave) say goodbye, say goodbye*

*This is the way we say goodbye to all our library friends (or) (to our friend.....)!*