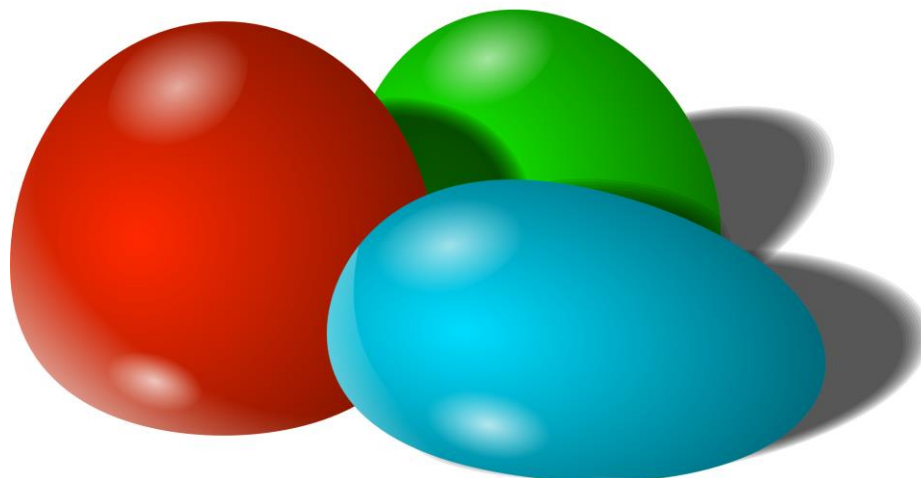


The Good Egg



Theme: Reading Activity

Curriculum: Language and
Literacy

Age Group: 1st-2nd Grade

Objectives:

- Child will be able to use their creative thought processes in order to understand the reading.
- Child will use their critical analysis skills for the reading by analyzing characters and scenarios in the reading.
- Child will be able to think about their own emotions and brainstorm new ways to maintain self-care.

Materials:

- Piece of paper
- Pencils
- “*The Good Egg*” by Jory John and Pete Oswald

Before Reading:

- Ask child about what they understand about the meaning self-care.
- Explain what self-care is and then have them list ways that they take care of themselves.
- Discuss if child understands the meaning of pressure and if they have ever felt pressure in their life to be good.

Introduction to the book:

- Discuss the illustration on the cover of the book and have child point out what they notice.
- Have child draw an egg shape on the piece of paper.
- Ask child to write on the OUTSIDE of the egg what they see of the main character.
- *The idea is to have the child list personality or character details from what they observe with their eyes before reading.*

While Reading:

- Pause to discuss with child what we have read so far.
- Have child list on the INSIDE what they have learned about the main character.
- Discuss the other characters surrounding the main character and their behaviors.
- Talk about the different tasks that the main character does and talk with the child about ways that they help others.
- Ask child to slowly crinkle the paper that they have been writing on, starting on the corner and slowly folding it over as we read along, and we list the times the main character has helped others.
- *The creasing of the paper is similar to how one can get worn out from helping others without helping themselves.*

After Reading:

- Ask child to reflect on the reading and analyze ways the main character neglected their selfcare.
- Instruct child to slowly unravel the papers that they had previously folded.
- Compare the folding to different tasks and pressures from school and life that the child will face.
- On a separate sheet have child list ways to take care of themselves.

Conclusion:

Teach child the importance of taking care of themselves and have child share the lists that they made. Give child a few days to a week and ask them to practice these tools of self-care and then discuss how well their weeks went now that they are actively aware of their own health.

References: *The Good Egg* by Jory John and Pete Oswald

