

The Creek

What should be included:

- Book – **The Creek**
- Bluey Page (with thought clouds)
- Wooden House
- 6 Wooden Bluey Characters
- Puzzle Pieces
- Pictures of Puzzle Pieces
- Conversation Cards

Book and Activity:

Read – **The Creek**:

The book, **The Creek**, finds the girls getting bored at the playground and decide to take an adventure down to the creek where Dad played when he was young. Bluey isn't sure she wanted to go to the creek because she had never been and doesn't know if she would like it. Bluey discovered many new things as she explored the creek but most importantly, she discovered she liked it.

Bluey discovered that new things can be fun, even if you are a little nervous to try them. This is an important idea to talk about with your child as he/she prepares for Kindergarten. Remembering Bluey's encounter at the creek, may help your child through feeling nervous about starting school 😊

***Positive Self-Talk** can be a very helpful tool when trying new things. Bluey started talking about the creek being beautiful before she was completely over being nervous. By the end, Bluey really felt that the creek WAS beautiful. Below are a few things you can do to help your child develop "Positive Self-Talk":

- Provide new experiences for your child and help him/her focus on the positive parts of the experiences
- Model positive behavior/thoughts for your child by expressing your own "positive self-talk" out loud
- Help your child come up with some positive self-affirmations about himself/herself

Activity:

- Using the page with Bluey and the “thinking clouds”, help your child write in positive key phrases, such as:
 - I can do hard things
 - I am really good at this
 - I am getting better
 - It will be easier next time
- Keep this page and put it where your child can see it often
- Continue to talk about the positive phrases in the clouds on the page (make these thoughts become “automatic” thoughts for your child to have about himself/herself)
- Practice using these thoughts in appropriate situations

Social Emotional Activity:**“What’s Going on Here?” (Conversation Cards)**

- Using the Conversation Cards, hold up one card at a time for your child to see the picture
- Have your child look at the picture on the card and let him/her tell you what is happening in the picture
- Use the questions on the back of the card to ask your child things about the pictures
- After you and your child have discussed a card, try relating what is happening in the picture to your child by asking such questions as:
 - Has something like this ever happened to you? How did you feel?
 - Do you know someone else this happened to? How do you think they felt? What could you do to help?

*Any questions that you feel would be helpful to have your child think about his/her actions and feelings and others’ actions and feelings 😊

Bluey Fun:

Bluey's Picture Match Puzzle

- Help Bluey build a puzzle mat for her house:
 - Begin by laying all 15 puzzle pieces colored side down
 - Next, take a card from the stack of Picture Cards (pictures of the puzzle pieces with objects on them)
 - Then, turn over **only 2** pieces of puzzle. If one piece has a matching picture to the picture card you took, you keep that puzzle piece and turn the other one back over. If neither piece has the matching picture, turn both pieces back over
 - If you find the puzzle piece that has the matching picture, place the picture and the matching puzzle piece over to the side
 - If you do not find the matching puzzle piece, put that picture card back on the bottom of the pile and take a new picture card
 - Continue to repeat the above play until you find all the picture cards a matching puzzle piece
 - Then turn the remaining puzzle pieces over and help your child build the puzzle
- Next, set the house and the characters up beside the mat
- Once again, take one picture card at the time
- Next, pick a Bluey character and put it on the matching puzzle piece
- There should be one piece of puzzle with a picture that doesn't have a character on it
- Watch the episode that is represented by the picture on the puzzle piece that does **NOT** have a character on it
- Try telling something about that picture:
 - What the item is
 - What happened with this item in an episode
 - Discuss the lesson learned from the episode
- Then, take the characters from the other pieces and put them back by the house
- Repeat this play until several episodes have been watched and discussed