

The Beach

What should be included:

- Book – **The Beach**
- Story sequence pictures
- Stuffed Bluey
- Found It! cards
- Book – **How Do You Feel**
- Bluey and Bingo Figures

Book and Activity:

Read – The Beach:

The book, **The Beach**, has Bluey's Mom going on a walk along the beach. Bluey finds a sea shell that she wants to show her Mom , so Bluey follows her Mom's footprints along the beach to catch up with her. However, Bluey has to be brave as she encounters many obstacles along the way.

Activities:

- **Story Sequence Pictures**
 - after reading the book, give your child the pictures of the things that Bluey saw along the way to showing Mom the shell she found. Help your child identify each picture.
 - Then using the book, go back through the story. As you read about each encounter, have your child find the matching picture
 - Then, place the pictures in a line to show what Bluey encountered first to last
 - Have your child try to tell the story about Bluey at the beach by looking at each picture in the line
- **Bluey's Challenge**
 - Using the stuffed Bluey, explain that Bluey wants to play the game, Found It!, but that she doesn't know how because it's **NEW** game for her. However, with your child's help, she is going to try it.

- Before you explain the game, talk to Bluey about why she is nervous to play the game/try something NEW. Your child can answer for Bluey or you can answer for Bluey, such as:
 - ✓ I might not know what to do
 - ✓ I might do something wrong
 - ✓ I might get embarrassed

***This is a good time to bring up reasons your child might be afraid of trying new things – by making that Bluey’s answer 😊**

- Help Bluey find the confidence to try this new game, such as:
 - ✓ Acknowledge her feelings
 - ✓ Talk about what might help Bluey feel better
 - ✓ Point out positive things that might come from trying
- Explain the game to your child and Bluey, and then have your child take Bluey around to actually find what each card asks
- As Bluey is finding the items, help your child/Bluey to build confidence by say such things as:
 - ✓ You can find it (can give extra clues)
 - ✓ Praise attempts and encourage to try again
 - ✓ Celebrate correct attempts

***This is a good time to have your child practice saying things to help Bluey. Also, it will help build a good foundation for your child’s own “Positive Self-Talk” and to automatically encourage others 😊**

Social Emotional Activity:

- Using the book, How Do You Feel, help your child explore facial expressions that show certain emotions. This activity can help your child to better understand his/her own feelings and identify the feelings of others.
- Before you begin this activity, take out the face cards and help your child identify the expression each card shows
- Next have your child make his/her face have the same expression that the card shows
- Then go to each page and have your child choose an expression - *When your child chooses an expression that you feel is not the best choice, have

him/her tell you **WHY** - then go from there for your discussion of other possible feelings

Bluey Fun:

“Movies” (Season 2, Episode 28)

- This episode is about her first trip to watch a movie at the theater. Bluey is nervous that the movie “Chunky Chimp” may be too scary.
- First, watch this episode of Bluey with your child (found on Disney+ or YouTube)
- Then, use the little Bluey and Bingo figures to retell this episode
- While role playing the different scenes from the show, it is a good time to discuss such things as:
 - It’s okay to be nervous about trying new things – be BRAVE
 - It’s okay to be different – be YOURSELF