



READ. SHARE. CONNECT



Activity Guide **A Box of Butterflies**

Book by Jo Rooks

Theme: Exploring emotions

Many of us are feeling a lot of emotions right now. Some big, some small; some new, some familiar. Some are a little mixed-up—and that's okay! These activities can help you explore whatever you're feeling in fun and meaningful ways (even if you don't have a robot to share them with!).



Reach Out With Emotion

We may be missing our family and friends, but we can still connect and show them we love them (an emotion Ruby tries to explain to Robot). Make a card, draw a picture or write a poem or song for someone to let them know you care. Include a favorite memory, something you like to do together, or how they make you feel when you're around them. Mail it to them, or share it over video chat. How did they react to it? How did their reaction make you feel?



Create Your Own Book About Feelings

In the book, Ruby explains emotions to Robot in her own unique way. Make your own "Book of Emotions" using feelings you'd like to explore, like happy, sad, excited, bored, brave, scared, relaxed, anxious and hopeful. Draw a picture that expresses the emotion on each page—you can even add words if you'd like. Share your book with someone you care about and talk about which emotions you're feeling today.



Sing a Favorite Song in a New Way

Sing a familiar song (like "Row, Row, Row Your Boat") using different emotions! First, sing it like you're happy, then sad, then angry or scared. How does it feel to sing it the different ways? Does it change the song's meaning? Do you picture the story differently? How does it change?

You can even draw the different versions. Or make it a game! Sing the song for family or friends, and have them guess the emotion you are singing it in. Take turns singing and guessing, and try playing with other songs, too.