



# READ. SHARE. CONNECT



## Activity Guide Hector's Favorite Place

Book by Jo Rooks

**Themes:** Worry / Trying new things / Bravery

Whether you're mostly staying home right now or getting ready to go back into the world, we hope a few of the activities below help you feel brave and encourage you to try new things.



### Worry Chasers

Hector's friends invite him out to do many fun things! He really wants to have fun adventures with his friends, but he's too worried to leave his house. Do you ever feel like Hector? It's natural to feel worried sometimes. Be sure to tell someone you trust about your worries—it can help a lot!

Here are some other ways to calm down and chase your worries away:

#### Take a deep breath.

- Breathe in slowly for at least 5 seconds, then blow it out for at least 5 more—the longer you can breathe out, the better.
- Do this at least three times.
- Put your hands on your tummy and feel the breath coming in and going out.
- Relax your body by thinking about something soft that makes you feel good (like chocolate pudding or fluffy clouds!).
- Imagine your body is made of this thing that makes you feel good and let it help you feel calm and relaxed.

#### Use all of your senses.

- Find a place to sit or stand still.
- Don't think about anything that's happened or might happen. Just concentrate on what's happening around you right now.
- What do you hear? Are there birds chirping? Is a baby crying?
- What do you see? Look closely and try to notice details you've never noticed before.
- What do you smell? Is a neighbor cooking dinner? Is there rain on the sidewalk?
- What do you feel? Are you sitting on a cozy rug or cold floor? Do you feel a breeze or the warm sun on your face?
- Breathe deeply.

### **Plan to see a happy ending.**

- If you're worried about something—like going to the doctor or taking a new dance class—talk to an adult about what to expect and make a plan about what to do.
- Imagine yourself following the plan and everything turning out great!
- Imagine multiple happy endings!
- Draw them or act them out with your family or friends.

### **Remember to laugh.**

- It's hard to feel worried when you're laughing!



### **Family Taste Test**

Hector learned that it was lots of fun sharing new experiences with his friends. Want to try something new with your family? Try a taste test! Make different flavors of hot chocolate, like caramel, peppermint, dark chocolate and more. Have each family member try them and list their favorites in order, then have everyone share their list to determine the winning flavor.

### **You can do this with all kinds of food:**

- Apples: Try Granny smith, Fuji, Honeycrisp or whatever you can find at your store. You could also try a berry or pie taste test.
- Breads from around the world: Try pita bread, tortillas, flatbread, challa, or sourdough.
- Foods from different countries or cultures: Compare noodle dishes from China and Italy!
- New favorite meal: Have family members take turns choosing a new food for breakfast, lunch, dinner or dessert. Encourage everyone to try it at least once!

So you see, even when you're mostly staying at home you can still try new things (and maybe even find new favorites!).



### **Missing You Party**

Can't go to a party? Make your own at home! Send a homemade invitation to your family and friends. Can't come in person? Host a video chat! You can play music, dance and drink hot chocolate like Hector and his friends.

### **Or turn the things you miss into a fun party or activity theme:**

- Do you miss going to the movies? Have a movie night! If you have a projector, project one of your favorite movies onto a wall or a sheet outside for a drive-in feeling.
- Do you miss mini-golf? Build your own course using empty boxes, containers or other things you have around the house.
- Miss Grandma or your friends? Plan a video date where you share a picnic, lunch, tea or a bedtime story together.