



Telling Tales

EDUCATOR'S GUIDE

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Our thanks to the following partners who made this program possible.



TOUGH LIKE MUM

BY LANA BUTTON & CARMEN MOK

Ages: 4-6 | 2021, Tundra Books | **ISBN:** 9780735265981

Lana Button's picture books have been recognized as Canadian Children's Book Centre's Best Bets and the IBBY Outstanding Book for Young Children. Her literary presentations about perseverance, empathy and anti-bullying have inspired children across Canada. In addition to writing and presenting, Lana volunteers for literary organizations IBBY Canada, First Book, and One World Schoolhouse. Lana and her husband have three grown daughters and live in Burlington, Ontario.

Carmen Mok is an award-winning illustrator with prior experience in product design, hand-lettering and graphic design. She made the 2019 short list for the IODE Ontario Jean Throop Book Award.

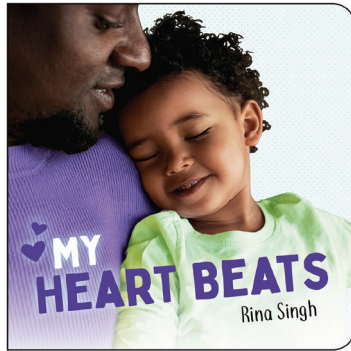
Tough Like Mum explores the bond a mother and daughter share on a particularly challenging day. When her Mum can't seem to get out of bed, Kim's positive, independent spirit shines as she packs her lunch and prepares for school. Unfortunately, her day takes a difficult turn when she must face the disappointment of missing a field trip and being teased by classmates. Kim arrives back home to find her Mum is also struggling but knows they can lean on each other and ask for help to feel better.

Q. Carmen describes being resilient as building strength like muscles inside of you to use when facing frustration, stress or sadness. When you come up against an obstacle or challenge, what can you do to feel "tough on the inside"?

Activity: Follow Carmen's lead and grab paper and pencils to sketch a joyful moment in your life! Think of activities or actions that lift your spirits. Maybe you enjoy curling up in a cozy chair to read or perhaps, like Lana, writing stories make you happy? Dance, sing, run, play...put all that energy on the page in bold, sunny colours.

Reflection: Lana reminds her daughters to "be kind" to themselves when having a rough day. Being kind can mean different things. It may be singing, using your imagination to escape to a different space or making room to be still and calm your mind. Think of the ways you might open up and focus on this type of kindness.

Bonus Activity: For Kim, it's tomato soup, Lana loves spaghetti and Carmen says hot chocolate with cake brings her comfort on days when she's feeling vulnerable. What are some of your favourite foods? Take some time to create a special menu with all the best dishes as a treat for a day when you need cheering up.



MY HEART BEATS

BY RINA SINGH

Ages: 0-4 | 2021, Orca Book Publishers | **ISBN:** 9781459825680

Rina Singh has published several critically acclaimed books for children inspired by her Indian Canadian heritage, including *Diwali Lights*, *Holi Colors*, and *Diwali: A Festival of Lights*, which was nominated for the Red Cedar Award. Rina lives in Toronto.

Rina Singh's beautiful photographic board book features babies from all over the world and the sounds their hearts make as they beat with love. Her words celebrate that no matter what language we speak, no matter where we live in the world, our hearts beat with the same rhythm.

Q. Across different cultures there are unique words to describe heartbeats —doki doki in Japanese, tu tump tu tump in Italian, dugeun dugeun in Korean, dhak dhak in Urdu, boum boum in French and thump thump in English. Put your hand on your heart or listen to the chest of someone close to you...what words could you use to describe the sound your hearts make?

Activity: Can you clap your hands or tap your feet in the same rhythm as your heart? Focus on the beats and feel the energy as you celebrate this moment of being alive!

Reflection: The babies we see in these photos are all sharing loving moments with important people in their lives. What can you see in each picture? Are there things they have in common? Perhaps it's a smile or a hug, being raised into the sky or playing with your hair...all focus on the joy of being together.



FINDING HOME: THE JOURNEY OF IMMIGRANTS AND REFUGEES

BY JEN SOOKFONG LEE

Ages: 8-12 | 2021, Orca Book Publishers | **ISBN:** 9781459818996

Jen Sookfong Lee was born and raised on Vancouver's East Side, and she now lives with her son in North Burnaby. Her books include *The Conjoined*, nominated for the International Dublin Literary Award and a finalist for the Ethel Wilson Fiction Prize, and *The Better Mother*, a finalist for the City of Vancouver Book Award. Jen teaches at The Writer's Studio Online with Simon Fraser University, edits fiction for Wolsak & Wynn and co-hosts the literary podcast *Can't Lit*.

Finding Home: The Journey of Immigrants and Refugees explores how human migration has shaped our world. Jen Sookfong Lee traces its origins and follows current issues facing immigrants and refugees today. She also gathers firsthand interviews with people who have moved across the globe and shares her own personal experience of growing up as the child of immigrants. From the Orca Think series, this work of engaging non-fiction encourages us to question, connect and take action.

Q. There are many reasons why people leave their homes in search of a new one. Think about what aspects you consider important when deciding where to live. Jen mentions opportunity, security, safety and happiness as motivating factors shared by people she's interviewed. What does the word "home" mean to you?

Activity: Now think about what makes your community special and unique. Engage in a conversation with someone, perhaps a neighbor or a relative, you would like to know more about in order to better understand the history of their family's journey. As you listen to these stories, consider what similarities and differences may be found in your own experience.

Reflection: As a settler, Jen acknowledges the gratitude she feels to be living and working in Vancouver — located on the unceded and traditional territories of three Local First Nations: the Musqueam, Squamish, and Tsleil-Waututh. She also describes three different cultural gatherings and festivals that bring joy to her city. Consider the ways that immigration and migration impact the country where you live. And in what ways would exploring diverse cultures enrich and uplift the places we live in?

Bonus Activity: Jen presents some complicated issues surrounding immigration and refugees' journey. Using her example, identify a topic that's important to you. It could be from in your community or as you review current events. What questions or thoughts do you have around this subject? Then, as Jen has, break down your ideas and challenge different aspects of the issue. Do your research to find and use facts to back up your argument. Once you feel confident you have a solid understanding, organize your thoughts into a summary you could use to express why your opinion is meaningful and valid.

ACTIVITY SHEET



This is a decorative worksheet template. It features a border of stylized leaves and flowers. At the top left, the words "ACTIVITY SHEET" are written in a bold, sans-serif font. Below this title is a large rectangular area outlined with a dotted line, intended for a drawing. Underneath the dotted box are ten horizontal solid lines for writing. In the bottom left corner, there is a small illustration of a flower with a bee flying towards it.

ACTIVITY SHEET

