**Books, Rhymes & Fun**

**Pierce County Library System**

**Early Learning**

**Books, Rhymes & Fun**

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**Ruby Finds a Worry by Tom Percival** - “Ruby loved being Ruby,” begins this story of a little girl who discovers a worry one day. This worry is so small at first, she hardly notices it. Gradually it grows enormous and is all she can think about… until one day, Ruby meets a friend who helps her to burst the big worry! **Also in e-book format.** Ages 4-7.

**When Lions Roar by Robie H. Harris** - This is a reassuring story of a little boy who faces his fears head on when the day seems too much for him. Available in English and Spanish! Ages 3-5.

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**Other Books About Facing Your Fears**

**Come with Me by Holly McGhee** – After hearing about scary events happening around the world, a little girl asks what she can do to make the world a better place. The book is full of simple, local examples of connecting to our community – which greatly decreases fear. Ages 5-8.

**Courage by Bernard Waber** – Sometimes courage is grand and amazing and sometimes courage is quiet and shown in our ordinary days – we are all courageous! Ages 4-8.

**I’m Not Scared! By Jonathan Allen** – Why do all the animals keep telling little owl “don’t be scared!”? After all, owls are supposed to be awake at night, aren’t they? Ages 3-5.

**Me and My Fear by Francesca Sanna** – One little girl wonders if she will be able to adjust to the new country she has just moved to, especially since she does not speak the same language. A look into how much we have in common, even when we are afraid that we don’t. Ages 5-8.

**Scaredy Squirrel by Melanie Watt** (also available on Overdrive) – Scaredy Squirrel is afraid of many things, which is why he never leaves his tree. But when he finally is forced to leap into the unknown, he discovers something amazing about himself. Ages 4-7.

**The Invisible String by Patrice Karst** – A comforting story about the unbreakable connection between a parent and child. Ages 4-7.

**The Little Old Lady who was Not Afraid of Anything by Linda Williams** – A classic autumn and Halloween tale about a lady who gets confronted by all kinds of things that try to frighten her on her way home – with a fun surprise at the end! Ages 3-7.

**Behind the Tree, Under the House**
(This is a clapping story – after each verse, you clap twice!)

Behind the tree, (clap, clap)
Under the house (clap, clap)
There lived a teeny (clap, clap)
Tiny mouse! (clap, clap)
She loved to sing (clap, clap)
She loved to (clap, clap)
But most of all (clap, clap)
She loved to clap! (clap, clap)
She clapped all night (clap, clap)
She clapped all day (clap, clap)
She clapped to frighten (clap, clap)
The cat away! (clap, clap)

This story idea came from JBrary.com
to see a demonstration of it, go to
https://www.youtube.com/watch?v=k0cMfHJtJ84

**MONSTER POKEY DANCE**
(sing to “The Hokey Pokey”)

You put your claws in, you take your claws out
You put your claws in,
And you shake them all about
You do the wild rumpus and you turn
yourself around
That’s what it’s all about!

Continue with big feet, tail, horns, hairy self…
HAVE FUN!!!

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**Calm Down Jars**

What you need:
- Clean, small plastic bottle with lid
- Hot water
- Glitter glue or clear glue
- Glitter
- Food coloring

This recipe is made with 20% glue, 80% water, and as much glitter and food coloring as you like. Pour all ingredients together into a mixing bowl and whisk vigorously. Pour ingredients back into plastic bottle. Seal the lid with super glue. Here is a link to more ideas and recipes for creating your own calm down jars and watercolor paint.

https://preschoolinspirations.com/6-ways-to-make-a-calm-down-jar/

**Positive Message Bracelets**

What you need:
- Pipe cleaner
- Colorful beads
- *Letter beads

Talk to children about positive messages they would like to carry with them throughout their day, perhaps in response to worries they may have.

A few ideas…
- Smile
- Choose joy
- UR Awesome
- Best Friends
- I am safe

* If you have letter beads, children could spell out the actual words. If not, they can assign a color bead to their chosen word or phrase. Each time they see that bead, they can remember their positive message. Beads on a pipe cleaner make a great fidget to keep hands busy too.

The idea for this project came from:
https://familytherapybasics.com/