

New York State
BOOK NOOKS



Jabari Jumps

Jabari goes to the pool with his father and sister and is through the moon to jump off the diving board for the first time. As Jabari prepares to jump, his father is able to read his nervous cues and gently supports his feelings and desires.

Title: Jabari Jumps
Author: Gaia Cornwall
Illustrator: Gaia Cornwall
Publisher: Candlewick Press
Date published: 2017

Pyramid Model Skill(s) or concept(s)	Sensitivity to children’s individualized needs Promotes identification of emotions in oneself and others Explores the nature of feelings and the appropriate ways they can be expressed Models and teaches appropriate expressions, labeling of emotions and self-regulation throughout the course of the day
Goal/Objective:	Children will develop self-regulation skills. Children will examine what they can do when they are feeling nervous and scared. Children will engage in breathing techniques. Children will practice using positive self-talk. Children and families will share their interests and cultures.
Emotional Vocabulary:	Nervous, scared, excited, happy, proud

Story Time: (Show and Tell It)	
Name of Activity:	Story Debrief
Supplies needed:	Jabari Jumps, crayons, paper
Ideas of what to say or do.	With small groups of 2-4 children, recount and talk about the story. Ask children if they thought Jabari was going to jump off the diving board or not. Ask them what he did to actually jump. Ask them how they think Jabari felt before and after he jumped and how they could tell. Make sure to point out the facial expressions he uses throughout the story and link them with his feelings. Ask children about things they like to do and why. Ask them how they feel when they are doing these things. Have them draw pictures of them engaging in these activities and/or how they feel when they are doing them. Take dictation about the pictures and display them at the children’s eye level in the classroom. If possible, follow up by doing the different activities with all of the children.

What Pyramid Model skill or concept is covered?	Develops emotional vocabulary Having meaningful relationships with children Promoting the identification of feelings in oneself and others
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Story Time: (Show and Tell It)	
Name of Activity:	Family Fun
Supplies needed:	None
Ideas of what to say or do.	<p>Inform families that you have been reading Jabari Jumps. Tell them how Jabari goes swimming with his family and learns how to take deep breaths to help regulate his emotions when feeling nervous. Ask them to send in a picture of something they enjoy doing as a family. If they cannot send in a picture, ask them to write or tell you about it.</p> <p>Once you collect stories and pictures, create classroom posters to hang up and discuss with the children about each others' pictures and activities. Make copies of the pictures and turn them into puzzles for the children. Do these activities in your classroom and invite families to lead or join in.</p>
What Pyramid Model skill or concept is developed?	Develops meaningful relationships with children and families

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Story Time: (Show and Tell It)

Name of Activity:	Tucker Turtle Breathing & Positive Self-Talk
Supplies needed:	Instructions for breathing techniques from pages 4 & 5.
Ideas of what to say or do.	<p>In small or large groups, introduce children to these breathing techniques that pair well with the self-regulation buddy, Tucker the Turtle. Talk about Jabari and how he took some deep breaths to help calm his thoughts and body and then used his self-talk to jump off the diving board. Talk with children about how sometimes we may feel nervous, scared, sad or frustrated and become so upset that we find ourselves out of control. When that happens, fun breathing activities can help to calm our bodies and thoughts.</p> <p>First, introduce tortoise shell breathing, and do it three times with the children. Then do the same with Tucker Breathing. From this point forward, when you notice a child needing to self-regulate, remind them of these breathing techniques and try to do them together.</p> <p>Once you have practiced the breathing techniques, talk with the children about positive self-talk. Explain to the children that when they come across something that they find scary, or something difficult to do, like Jabari, think, "I can do it! This may be hard, but I can do it!" Also encourage them to seek out help from someone they know and trust; asking for help can also be brave.</p> <p>Create an area or use an existing cozy spot where children can go to try the breathing exercises. Print and hang up the pictures (on the following pages) as reminders on how to use the breathing techniques. You can have a shatterproof mirror in this area for children to see themselves breathing. If you have a Tucker the Turtle, this is a great spot for him to "live" and support the children with their self-regulation. You may also want to consider hanging up the Pyramid Model's Feelings Faces. They can be found at the National Center for Pyramid Model Innovations Website at: https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_cards_EN-Blank.pdf</p>

What Pyramid Model skill or concept is covered?	Positive self-talk Helping children manage emotions through self-regulation skills
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Tucker Breathing

Sitting or standing, raise your hands above your head, take a deep breath in through your nose as you draw your arms down and in toward your chest. Release your breath through your mouth as you move your arms back above your head.



Tortoise Shell Breathing

Put yourself in Child's Pose on the floor, by placing your knees on the floor, bend over them and place your hands straight above your head while resting them on the floor. Take a big deep breath in through your nose and bring your hands to your side. Release your breath through your mouth as you bring your arms back above your head. The movement may look like a turtle putting their head in its shell and then popping it back out.



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