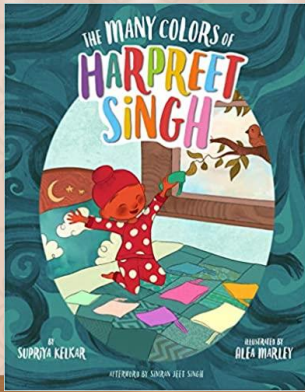


New York State

BOOK NOOKS



The Many Colors of Harpreet Singh

Harpreet loves his turbans and every day, he matches them to his emotions, but when his family moves, everything changes. Harpreet wears only white as he wishes to be invisible, until he meets a friend who helps him feel all the colors again.

Title: The Many Colors of Harpreet Singh

Author: Supriya Kelkar

Illustrator: Alea Marley

Publisher: Sterling Children's Books

Date published: 2019

Social and emotional Pyramid Model skills that children can learn through this book:

Labeling emotions, friendship skills

Social and emotional words this book can emphasize:

love, cheer, celebrate, courage, happy, nervous, sad, shy, brave, gloomy, frown, smile

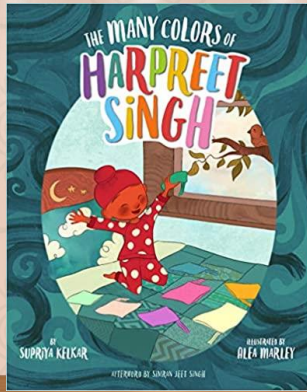
Pyramid Model Activities to do while reading the book that will help promote social and emotional development:

- Before reading, introduce children to the words: *turban* and *patka*. Explain that these are items worn on the head by some Sikh (*pronounced seek*) people (see book's afterword for more detailed explanation). Remind children that many cultures have special clothing and refer to any that they have been exposed to already. Use and encourage language that is respectful and accepting.
- During reading, pause to point out all of Harpreet's emotions and have children mimic the facial expressions associated with each. Ask children to share a time they have felt each of these emotions.
- Pause to talk about Harpreet's feelings about moving. Identify times of change that the children might have experienced such as going to school, moving, a new sibling, etc. Invite them to share their feelings during these changes. Reassure children that change can be hard on everyone and that it's okay to have big feelings about it.
- Ask children to notice the difference in Harpreet's feelings after meeting Abby. Ask if they have people who help them feel happy after being sad.

Fun for Everyone! Activities to promote social and emotional development throughout the day:

- Create a "Feeling Face Sign-in Chart" using the feeling faces from NCPMI (see page 2 for link) or pictures of the child. As children arrive for the day, invite them to sign in with the emotion they are feeling that morning. Allow children to change their emotion picture throughout the day. Use this to be responsive to their needs (if a child expresses sadness, provide comfort in a manner the child needs, etc.).
- Show the video of Bhangra dancing. Ask children to identify the emotions the dancers seem to be feeling (happy, joyful, cheerful). Ask children how they feel when they dance and allow children to dance along to music in whatever way they want to. Encourage children to share any of their own traditional/cultural dance.
- Gather scarves of different colors and patterns. Allow children to choose their own color scarves and ask them to share how that color makes them feel. Put on some joyful music and invite children to dance along with their colored scarves.
- Provide a variety of paint colors at the easel and ask children to paint how they are feeling at the time. Discuss the feelings while they paint and what makes them feel this way. Record children's answers to accompany the artwork. Display them around classroom and encourage discussion about the art. How do children feel when looking at a piece created by a classmate? Is it the same feeling the classmate was feeling when they created it?
- Ask children to share things that can help comfort them when they are sad. Record on chart paper and display. Refer to it for ideas when children are experiencing sadness.

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- Display photos of children in traditional clothing of different cultures, especially of those in the classroom or community. Invite families to send in photos of family members wearing traditional clothing.
- Use the photos to engage children in respectful conversations about the beauty and diversity of the clothing.
- Provide a variety of music representing different cultures and countries available for children to listen to. Families are a great resource of traditional music sources.
- Provide colorful ribbons and scarves, as well as a diverse variety of instruments.
- Create a cozy area in the classroom that children can utilize when they need a break. Include books, posters, and other items such as sensory bottles, headphones, stuffed toys, and other soft items that promote calm.
- Maintain open communication with families and encourage them to share any life changes that could affect their child's emotional health.



Bhangra Dancing



Akwesasne Powwow Dancing

More books that teach emotions:

The Berenstain Bears Go to School by Stan and Jan Berenstain

How Are You Peeling? By Saxton Freymann

Julius, the Baby of the World by Kevin Henkes

Sheila Rae, the Brave by Kevin Henkes

A Kiss Goodbye by Audrey Penn

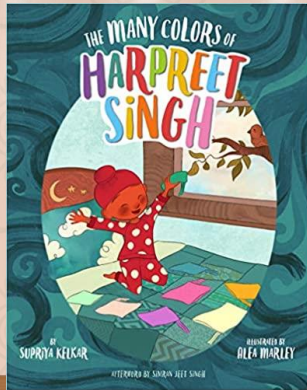
Pyramid Model resources for teaching emotions:

https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_signin.pdf

https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_Wheel_EN-Blank.pdf

https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_chart_EN-Blank.pdf

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Resources for Families

To view a video read-aloud of the book, click the link below or visit:
<https://youtu.be/kg8Nh2ENWBw>



More books about emotions:

On Monday When It Rained by Sara Milweski

How I Feel by Janan Cain

When Sophie Gets Angry by Molly Bang

The Feelings Book by Todd Parr

Grumpy Monkey by Suzanne Lang

- Encourage your child to name their emotions and help find ways to manage the big ones. Make a poster of ideas for calming down, or download and print this one:
https://challengingbehavior.cbcs.usf.edu/docs/Calm-Down_Poster_EN.pdf
- Talk through your own emotions in front of your child. Acknowledge when you are sad, happy, excited, frustrated, etc. Model ways that you calm yourself down, such as deep breathing or going for a walk.
- Teach your child the song “If You’re Happy and You Know It.” Add your own emotions and change up the action parts.
- Be prepared for strong emotions when your child experiences any changes such as moving, gaining a new sibling, starting childcare/school, etc. Give extra love and encouragement during these times and be patient as they process the changes.
- Check out this video and then create your own emotions dances with your child. Try taking turns making an expression while the other makes up a dance to go with it. Click the link below or visit:
<https://youtu.be/ZwcFltsOfz4>



For more resources, visit:

<https://challengingbehavior.org>

