

# The Wolf was Not Sleeping

## LESSON PLAN

### Key Concepts:

- **Sharing our worries** - by leaving a note
- **'Name a feeling to tame a feeling'** - when we talk with someone about how we are feeling and name our feelings (e.g. 'scared', 'worried', 'sad') we can process them better.
- **Opening conversations** - to allow children to communicate how they are feeling and help them deal with any challenging emotions by talking about them

### Before you read the book with a child you might like to ask them:

- What do you think this book might be about?
- How do you think the wolf is feeling?
- Have you ever felt worried?
- What can you do if you feel worried?

### Read the story together. Then you might like to ask:

- Why was Wolfgang so worried?
- What did Spider do to help Wolfgang?
- Would you like to leave a note or make a photo wall like Wolfgang did?

### Suggested follow-up activities

- **Guess how I'm feeling.** Ask your child to make a face and you will guess how they are feeling. Swap around and let them guess how you are feeling.
- **Leave a note.** Agree to draw a picture or write a note about how you are feeling and leave it somewhere for them to find (e.g. under their pillow, in their bag, in a bedtime book). Ask them to do the same for you.
- **Make your own photo or picture wall.** This process helps to bridge the gap between work and home, reassuring children that their parent or carer is safe with a strong team around them.

