

## Howard B. Wigglebottom Learns about Mud and Rainbows. Suggestions for Lessons and Reflections

### ☆IT IS NEVER A CHILD'S FAULT

When Ali learned that the people who take care of her were fighting, she had an awful feeling. What was it? Before they fought, she was happy, joyful and talkative. When they started fighting she felt sad, angry and afraid.

Just like Ali, children think everything bad and ugly that happens around them is their fault. In this book we learn it's never a child's fault when adults fight or separate.

Children don't have the power to stop the rain, make broccoli taste like fries or change the way people feel towards each other. If you believe it's your fault if anything bad happens between grown-ups, think again! It's never a child's fault!

It's OK to feel upset when adults fight. If you would like to feel better or help someone else feel better, try some of the activities at the end of this lesson.

### ☆FIXING THE THINGS THAT CAN BE FIXED

In this book Howard likes to fix things around the house, be helpful to his friends and make life easier for everyone. It feels good to learn how to fix things and be nice and helpful to others. Here are some ideas for you:

- Find ways to be helpful at home.
- Do a chore someone else usually does before that person has a chance to do it.
- Clean your room before you are asked to do so.
- Help a younger child who is having trouble.
- Ask a grown-up to teach you how to use tools and glue to fix small things.
- Ask an older person if you can help them in any way.
- Look for ways to make things better at school.

When our friends and loved ones feel sad, angry or scared, we can help them a lot just by listening. We don't have to do or say anything special. All we need to ask is, "Please tell me how you feel now" and then listen to the person. Think about the times you felt better just because you told someone you had a problem, a booboo or that your tummy hurt.

### ☆FIXING THE WAY WE FEEL

Howard was upset when he couldn't fix Ali's problems and make her happy. His mother taught him when we have something or someone we can't fix or make feel better there is one big thing we can do. All of us have the power to change the way we think and feel about people and things. The way to do this is to look for good and positive thoughts.

For example, think of ice cream. A positive thought is to look forward to having ice cream for dessert and remembering how nice it tastes. A negative thought is to get upset because we can't eat ice cream all the time. Everyone likes to be happy. Positive thoughts make us feel good. Negative thoughts make us sad.

In this book, Howard was sad because he thought there was no way to help Ali. When he learned that listening to Ali really was helping her, he felt happy again. All Howard did was to change the way he thought, which made him feel better right away.

When it's raining and we want to go outside and play, we can think about how awful it is because we can't do what we want!

Bet you figured out that's a negative thought. A positive way to think about it is to remember that rain is so important to all the plants and animals. We are so lucky to have a nice roof over our heads and when the rain stops, we can go play outside and look for rainbows! We can find the positive side of almost everything that is happening to us. Sometimes we have to look very hard, but the positive is always there for us to discover.

### ☆LISTENING TO OUR LOVED ONES

Howard's life became safer, happier and nicer after he learned how to listen to his teachers and parents;\* listen to his heart;\*\* and to the little voice in his head.\*\*\* In this book Howard learns how to have more fun and feel good when he listens to his friends.

### ☆ACTIVITIES TO MAKE YOU FEEL HAPPY, HEALTHY AND FRIENDLY

- Read your favorite book.
- Go for a bike ride, a swim or a walk.
- Make a card for someone you like even if it isn't his or her birthday.
- Tell someone you love, "I love you."
- Give someone a compliment. Find something about them you like and tell them about it.
- Make a scrapbook of the foods and things you like.
- Wear your favorite clothes.
- Make a list of all the people you like, in real life and on TV.
- Sing a song you like.
- Dance to your favorite tune.
- Color a picture.
- Play with a pet.
- Call a friend or a relative and ask about their favorite things to do.
- Think of something beautiful and fun.
- Get permission to visit [www.wedolisten.com](http://www.wedolisten.com), where you can enjoy free Howard B. Wigglebottom animated books, songs, games, activities, lessons, posters, and E Cards.

\* *Howard B. Wigglebottom Learns to Listen*

\*\* *Howard B. Wigglebottom Listens to His Heart*

\*\*\* *Howard B. Wigglebottom Learns About Bullies*