

## **Teacher's guide**

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### **Materials Needed:**

- The book “A Crowded Farmhouse Folktale,” by Karen Rostoker-Gruber
- Download the coloring page
- A plastic jar or shoe box
- Glue
- Scissors
- Magazines
- Stickers
- Pens, pencils, or crayons
- slips of paper, three per student
- Download the Gratitude Journal

In Karen Rostoker-Gruber’s book, “A Crowded Farmhouse Folktale,” Farmer Earl isn’t thankful for what he has. He has a small house with a large family. He feels his home is too crowded. There’s no room to sit, no room to pace, no room to rest, no extra space. So, he visits the wise woman in town for help.

### **Coloring page:**

Once you read this book to your class, you can download the coloring page. Children can draw and color in any number of animals or people on the sheet until they feel that the house seems too crowded for them.

### **Benefits of a Gratitude Journal or Jar/Box:**

Keeping a journal or writing things down every day decreases stress levels and can make children/adults feel more grateful and happier over time.

Their journal is a **SAFE** Place. It can be for their eyes only. The child/student can write anything they want in it without feeling judged.

When a child/student is feeling down, sad, or angry, they can read through their journal and/or box/jar. It will help to readjust their attitude and remind them that they have positive things in their life.

**Gratitude Journal:**

Once you read this book to your class, you can download the Gratitude Journal. Older children can answer the questions and younger children can draw and color in the answer. You can have them journal every morning as a way of stating the day on a positive note.

**Gratitude Jar/Box:**

Once you read this book to your class, you can have each child bring in a plastic jar or shoe box and personalize it. They can use stickers or cut out positive words/and or phrases and/or pictures from magazines to decorate it. Then you can have them write or draw three things they are grateful for that day. Share one or two with permission with the rest of the class, and then put it in their jar or box. You can have them fill out three slips every day or bring it home and do it with their family.

**If your school is virtual:**

Follow the instructions for the Gratitude Journal. It's a great way to start the day and perhaps, you can have other family members keep a journal as well.

Follow the instructions for the Gratitude Jar/Box. Get creative with the decorations. Try to get the entire family to write things they are grateful for. Read them out loud, if they feel comfortable and discuss what they wrote.