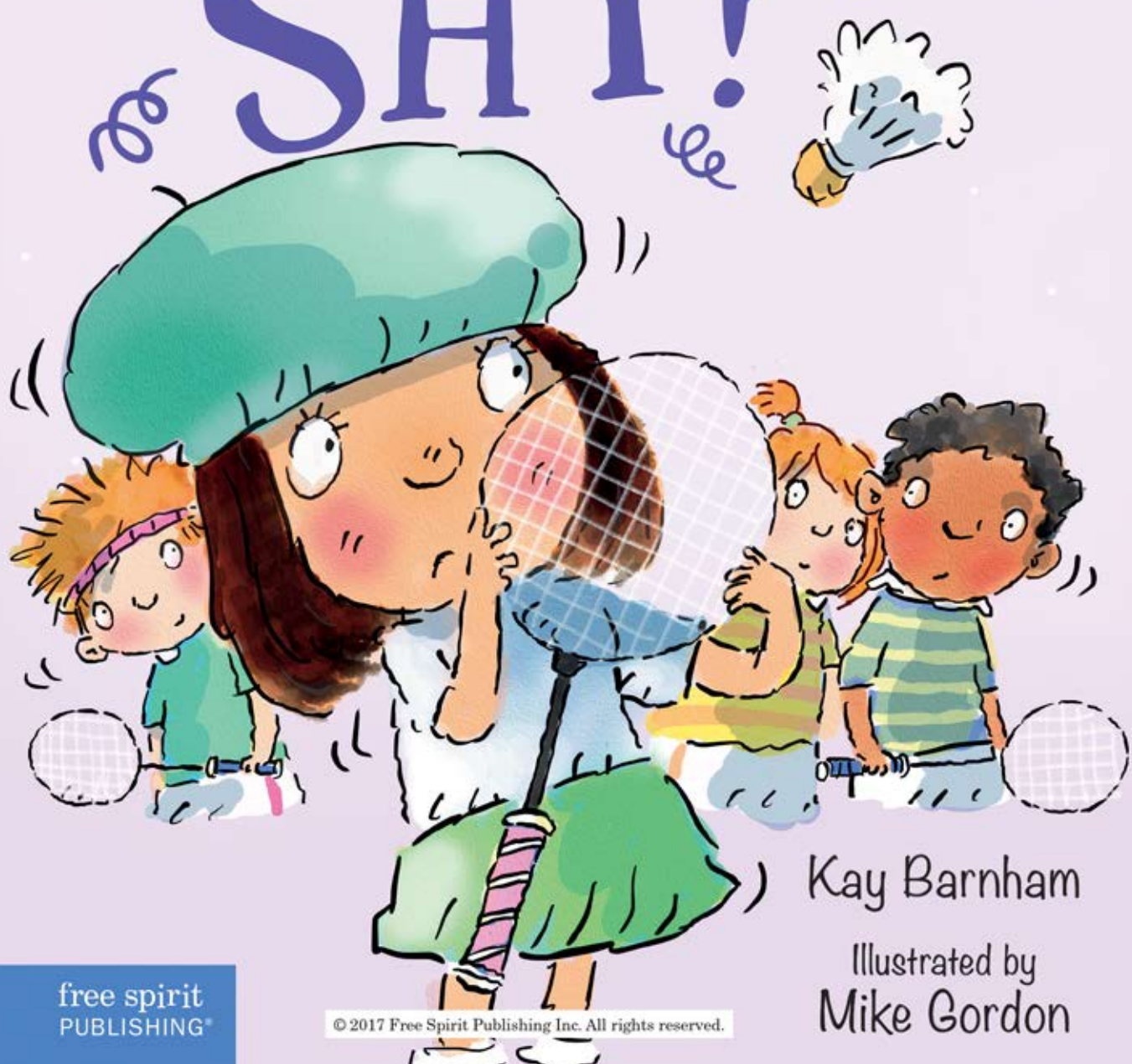




Feeling SHY!



Kay Barnham

Illustrated by
Mike Gordon

free spirit
PUBLISHING®

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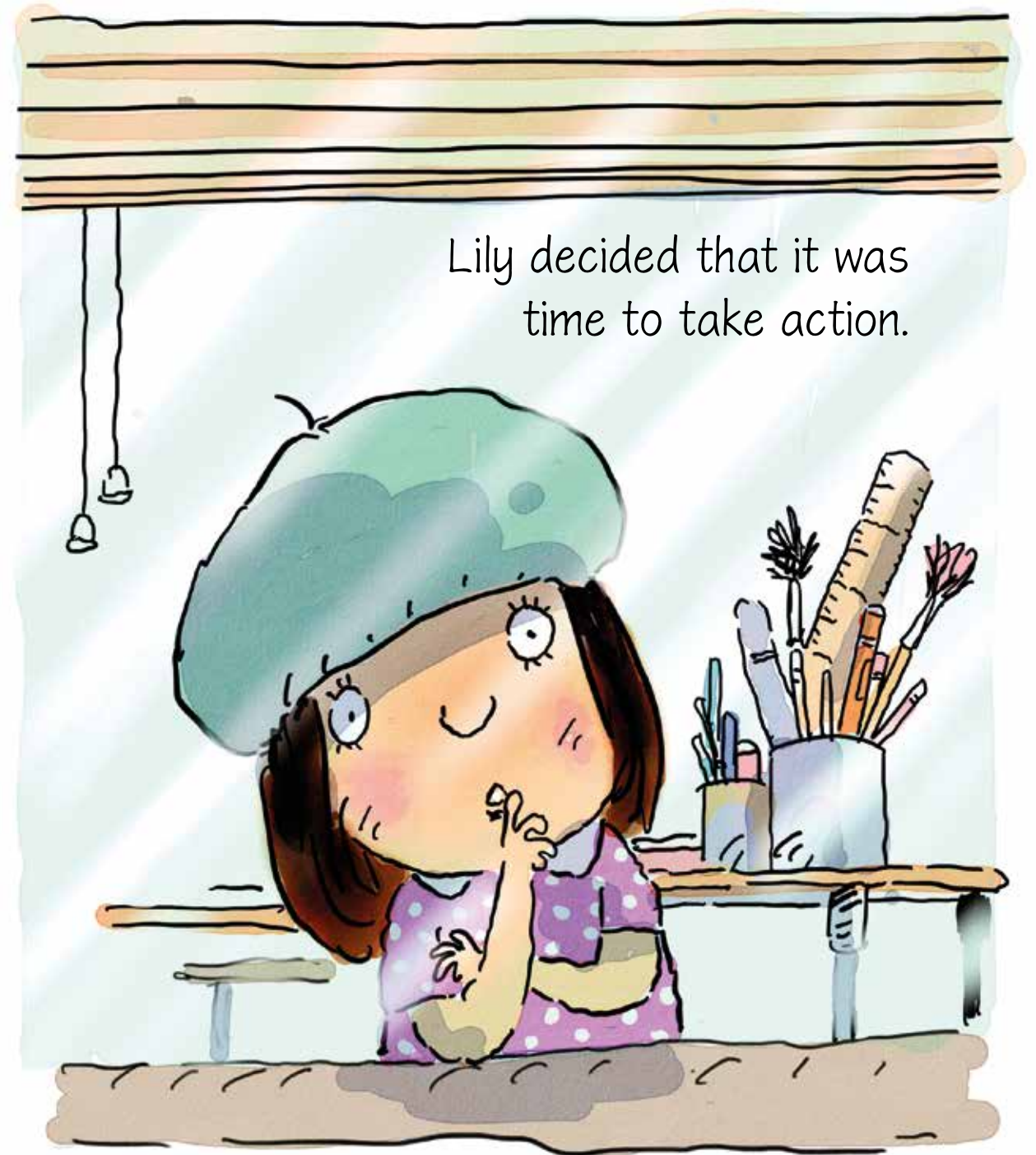
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The new girl had been at school for three hours and she *still* hadn't said a word.

At recess, she stood in a corner of the playground and kept her eyes on her shoes.



Lily decided that it was time to take action.

“I’m Lily,” said Lily to the new girl. “What’s your name?”



“I’m Maria,” whispered the girl, kicking a stone. “It’s my first day and I feel really shy. Everyone has lots of friends and I don’t know *anyone*.”

“I’ll be your friend,” said Lily brightly. “Would you like to play after school tomorrow?”
Maria smiled. “Okay,” she said.



NOTES FOR PARENTS AND TEACHERS

The aim of this book is to help children think about their feelings in an enjoyable, interactive way. Encourage kids to have fun pointing out details in the illustrations, making sound effects, and role playing. Here are more ideas for getting the most out of the book:

- ★ Encourage children to talk about their own feelings, if they feel comfortable doing so, either while you are reading the book or afterward. Here are a few conversation prompts to try:
 - When are some times you feel shy? Why?
 - How do you stop feeling shy at those times?
 - When are times you feel really confident? Do you do things at these times that you could try doing when you feel shy?
 - This story talks about lots of situations where people might feel shy, such as going to a new school or having visitors. What other examples can you think of?
- ★ Have children make face masks showing shy expressions. Ask them to explain how these faces show shyness.
- ★ Put on a feelings play! Ask groups of children to act out the different



scenarios in the book. The children could use their face masks to show when they are feeling shy in the play.

- ★ Have kids make colorful word clouds. They can start by writing the word *shy*, then add any related words they think of, such as *quiet* or *bashful*. Have children write their words using different colored pens, making the most important words the biggest and less important words smaller.
- ★ Tell kids that people who feel shy are sometimes called wallflowers, because they stand near the wall instead of joining in. Ask kids to draw pictures of themselves or someone they know feeling shy. Then have them draw pictures of the same person feeling more confident and outgoing.
- ★ Invite children to talk about the physical sensations that feeling shy can bring, and where in their bodies they feel shyness. Then discuss things we can do when we feel shy in a social situation, such as take a deep breath, smile, and stand up tall and strong.
- ★ As a group, brainstorm and practice things kids can say when they feel really shy, such as “Hi!” and “How are you today?” Even though these words and phrases are simple, practicing saying them out loud to other people can help kids use them in real-life situations. And these same phrases may help confident kids reach out to shyer children and help them feel welcome.

For even more ideas to use with this series, download the free Everyday Feelings Leader’s Guide at www.freespirit.com/leader.

