Continue activities following the story – Fed Up



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הוֹצָאָה: כנרת
Age Group: **Second Grade**

שִׂיחָה

Discussing — Fed up...?
Do you, parents and children, sometimes feel fed up just like Shraga? What are you fed up of, and what do you (almost) never tire of? What do you do when you feel this way? Can you give Shraga some advice as to what he should do when he feels fed up?

כְּלָלִי

Observing — Discovering the positive
Shraga is fed up, and so he runs away elsewhere. But is that the only option available to him? If you're feeling fed up, you can always look around you, and discover the positive aspects in our lives. Perhaps you can list all the good things that happened each day. How about making a family scrapbook of positive things, such as "my friend made me laugh", "I got the book I wanted", or "I'm healthy". You could share the best moments of your day with one another, and check to see whether focusing on the positive and recording your best moments in the scrapbook will improve your mood in the following days as well.

מִשְׂחָק

Playing — The 'I'm Bored' die

“I’m bored!!!” – how often have you said or heard these two words? To shake things up a little, and spice things up, take a large die, or make one out of a cardboard box. Write some routine breakers on each side, such as “putting up a tent in the living room”, “ball games” or “singing and dancing”. Each time one of you gets bored, throw the die, and get inspired to do something fun. We recommend writing some new ideas on your die from time to time, so you won’t get fed up of them...

הַמְחָשָׁה

Acting the story out — What is the alien saying?

Throughout the book, the alien speaks a language that readers cannot understand. Can you tell what the alien is saying? What did it say when it was left out in the snow after Shraga had gone? What did it say upon Shraga’s return? And how did Shraga respond? You could act out the alien’s text, give it a special voice, and tell everyone what it does when it’s fed up...

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Pinterest

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