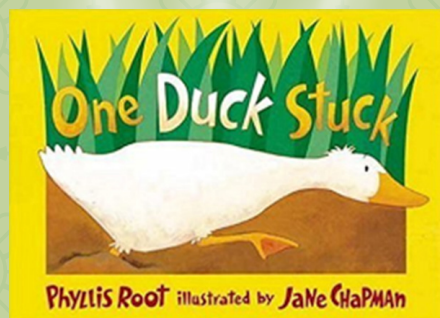


New York State

BOOK NOOKS



Phyllis Root illustrated by Jane Chapman

One Duck Stuck

This book follows the story of a duck who gets stuck in the muck near a marsh. The duck is scared and needs help, so a procession of friendly and helpful animals all work together to help the duck out of the muck. There are many fun rhymes in this book which makes it a playful read, while providing examples for children of how to help others and cope with needing help.

Title: One Duck Stuck (Board or Paperback)
Author: Phyllis Root
Illustrator: Jane Chapman
Publisher: Candlewick Press
Date published: 2001

Social and emotional skills infants and toddlers can learn through this book:

Children will examine multiple ways to help and ask and receive help when needed. Children will be able to analyze ways to problem solve.

Social and emotional words this book can emphasize:

help, friend, scared, happy, anxious, helpful, sad, disappointed, encourage, support, worried, calm.

Activities to do while reading the book that will help promote social and emotional development:

- Ask children how the duck may be feeling and why they think he is feeling that way. Look at the attributes on his face that may show his feelings, point out how his eyes look, how his head hangs, etc.
- Introduce some vocabulary words such as, anxious and worried. Ask and point out why the duck might experience these feelings and then discuss what he can do to feel better. "The duck might be worried that he will not get out of the muck. He might miss his Mommy and wonder when he will see her. He is ok and if he can take some deep breaths and find help he may start to feel better."
- Walk children through some of the problem-solving strategies the animals are working through to free the duck. "The dragonflies are trying to help pull the duck out of the muck by holding on to him and flying away." Problem solving skills help people through many situations and keep people emotionally calm

and focused. This story is a good introduction to solving problems.

- Point out how when the first time the animals could not get the duck out of the muck, they tried another way to help. Discuss how trying new ways to approach solving problems resolves them.
- Discuss how the animals are helping the duck. Emphasize how it is nice of the animals to help their friend the duck. Discuss how friends help each other.
- Highlight how when all of the animals helped each other they were able to get the duck out, and then discuss how the children help others and how people feel when someone helps them. "When all of the animals worked together they were able to free the duck. It is so great when friends help each other! I remember during play today, Jacob helped Adelaide pick up a heavy bin of blocks she could not pick up on her own, but they did it together! I saw Adelaide have a big smile on her face after Jacob helped her, and I saw Jacob smile because he was happy that he was able to help Adelaide!"

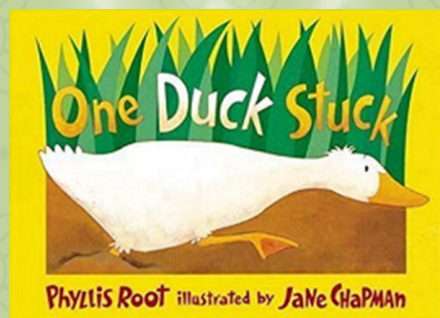
Fun for Everyone! Activities to promote social and emotional development throughout the day:

Model and help support children through the three problem solving steps whenever problems arise:

1. Define the problem
2. Identify the feelings the problem is creating
3. Work on possible solutions, one at a time

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It will take a long time for children to put these steps into place without adult support, they may even be in preschool before you will see them do this. However, supporting them with an appropriate way to approach problems will help them regulate their emotions and lay the foundation for individual resolutions later in life.

- As you introduce children to the concepts of developing problem solving skills, this is a lot of information for toddlers to take in, but with lots of concrete exposure to this process they will start to problem solve. You can act out with another adult a quick scenario for the children to watch. For instance, you can pretend to be two children who want to play with the same truck, and then use the three problem solving steps to find a solution!
- Set up activities for children to have to do together. Have them carry large (but not too large or heavy) objects from one place to another. Place a large bin of blocks out that requires at least two children to carry it to a play space. Ask them to move it and help them problem solve through it together.
- Take pictures of children helping others, discuss how they were helping people, and how they and the people they helped felt about it. Hang the pictures up or make a

helping book with them to continue and deepen the conversation.

- While playing with dramatic play materials point out times when the “characters” are helping others, may need help or need to look at how to solve a problem. Help the characters play through the situations.
- Talk with children about times they may feel worried about things. Discuss things they can do to feel better when they feel this way, such as talking to Mom, Dad or caregiver, take some deep breaths, snuggle with their lovey, etc.
- Create games where children need to solve problems. Make yourself available to help talk them through it as needed. For example, if you take a small toy (not too small to avoid choking hazards), put it in a big ball of playdough and then tell the child there is something in the playdough he or she will have to get out. Remember to use the three problem solving steps while playing these games.

