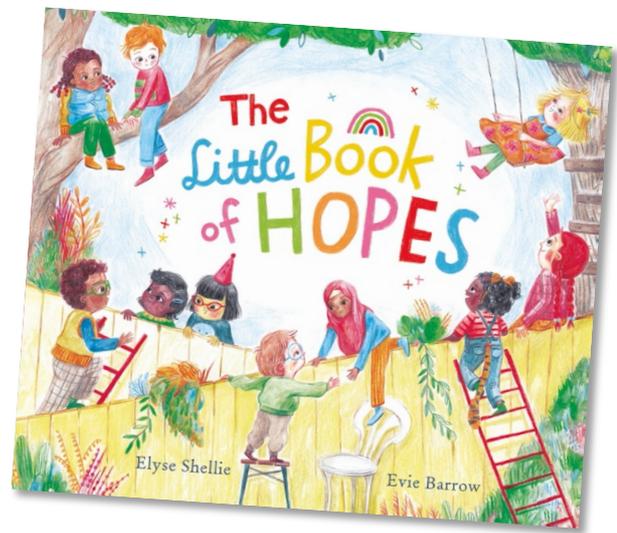


Teaching Notes: The Little Book of Hopes

Written by Elyse Shellie
Illustrated by Evie Barrow
Published by New Frontier Publishing



SYNOPSIS

An enchanting book expressing all the hopes and wishes parents have for their children. Celebrating kindness, resilience and empathy, this book is the perfect collection of dreams for the future.

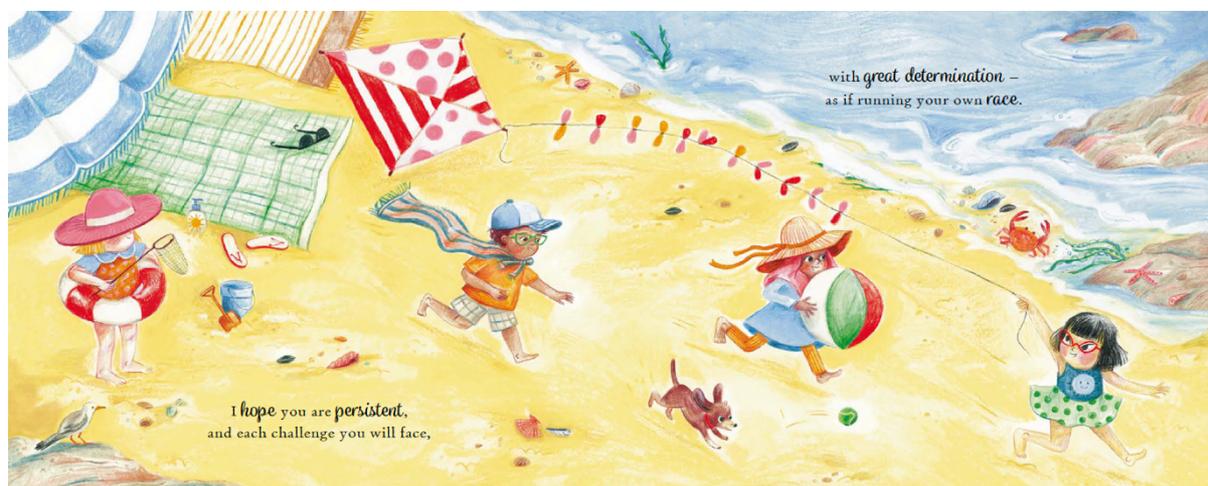
ABOUT THE AUTHOR

Elyse Shellie is a primary school teacher and author with a passion for reading and writing children's books that warm the heart and nourish the soul. She is currently studying for a Master of Education and in her spare time, enjoys writing book reviews on Instagram for picture books that encourage positive mental health in children. Elyse lives in Melbourne with her husband, their son (who is a Little Book Bear) and their golden retriever. Being 'Mum' to their Little Book Bear is her greatest privilege in life.

Elyse's debut picture book, *The Little Book of Hopes* (illustrated by Evie Barrow), was inspired by an Instagram post she had written for her son about the hopes she has for him. After a lengthy discussion with her husband about boys' mental health and the mental health of children in general, she decided to develop her post into a children's book.

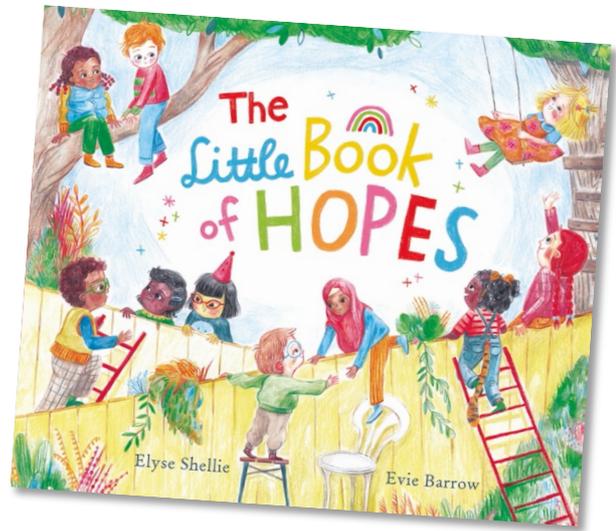
ABOUT THE ILLUSTRATOR

Evie Barrow is an Australian artist and illustrator, specialising in children's picture books. Her debut picture book, *Horatio Squeak*, written by Karen Foxlee, was published in 2019. She has since illustrated an additional six picture books. *The Little Book of Hopes* is number eight. Her character-driven style celebrates colour and texture, while also exploring the imperfections made by hand. Her favourite tool is the coloured pencil.



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EDUCATIONAL APPLICABILITY

The Little Book of Hopes is a timeless treasury of hopes and dreams that all parents want for their child. With a delightful rhyme and thought-provoking words, this book is a discussion starter for how to live in this world, backed with lots of love and happiness.

DISCUSSION TOPICS

Before, during and after reading the book

1. Introduce *The Little Book of Hopes* to the children and ask them what they think the book might be about.
2. Talk about what 'I hope' means.
3. Go through each page and talk about the 'hope' and 'wish'. How does the illustration reflect what the text is trying to say?
4. There are so many important discussions and lessons throughout the book. The book could be read in one go, but then every week a different spread could be discussed in detail.
5. Talk about what the sentence 'invite kids of all spots and stripes' means. This is a good starter point to discuss inclusion and diversity.
6. Talk about what the sentence 'take a walk in the shoes of ...' means. This is a good starter point to discuss empathy.
7. The ice-skating spread is all about learning from your mistakes and determination. Discuss the idea of growth mindset with the class.
8. The beach running race is a great example for discussing the idea that we often compare ourselves with others all the time, but sometimes it's beneficial to just think about ourselves and not compare.
9. Kindness is a huge theme throughout the book. Ask the class what they'd do to help the little boy with dropped glasses or the lonely child sitting under the tree.
10. What does 'happy being you' mean? Talk about differences and perhaps eccentric characteristics.
11. After reading the book, ask them what they thought of the story. Which was their favourite part and why?



FUN
ACTIVITY!

DRAWING ACTIVITY

Draw a picture similar to the last spread of the book where the children are 'happy being themselves'. Include your friends and family.

A large, empty rectangular box with a black border, intended for the student to draw their picture. It occupies most of the page.

CARD ACTIVITY

Design, create and give your friend or someone in your family a card with some of the things you hope for them in it. Decorate it with pictures!



I hope _____	I hope _____	I hope _____



MY HOPES ACTIVITY

Write down your own hopes and wishes for yourself. Cut it out, then fold or roll up the paper and put it away to open when you are older. See if your hopes and dreams come true!



MY HOPES:



WORDSEARCH ACTIVITY

Find all the words below in *The Little Book of Hopes* wordsearch.

THE LITTLE BOOK OF HOPES

N G C U H T I O E E O S H
T O T E H I W R H Y N F E
T W I T X R E X O A U R G
N U O T F H N T M D P R N
O O T N A T S I S R E P N
D S S G D N S L M I U R Y
A R E E N E I C A L V E O
O X N D P I R M E O H A D
I E O O A L R Y R V G E C
N T H A S I T A D E A O R
R K A N H S O F C A T Z Y
C S A O U E H B G E D E S
L T U G H R D L H K I N D

CARING
DETERMINATION
DREAMS
GOALS

HAPPY
HONEST
HOPES
KIND

LOVE
PERSISTANT
RESILIENT
WONDER



THE LITTLE BOOK OF HOPES

N G C U H T I O E E O S H
T O T E H I W R H Y N F E
T W I T X R E X O A U R G
N U O T F H N T M D P R N
O O T N A T S I S R E P N
D S S G D N S L M I U R Y
A R E E N E I C A L V E O
O X N D P I R M E O H A D
I E O O A L R Y R V G E C
N T H A S I T A D E A O R
R K A N H S O F C A T Z Y
C S A O U E H B G E D E S
L T U G H R D L H K I N D

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