

Cozy Home

# Connectedness and Helping



Learning & Activity Packet 4



Dear Families

Welcome to the Learning & Activity Packet we have prepared to extend the thinking and learning that were explored in our Cozy Corner offering! Cozy Arts believes that learning is something that happens together, and we are excited to learn with you.

In this packet, we explore the themes of community and helping. As you saw in “Mr. Cuddles is Missing!” it takes a community to get something important done. We also learned that being connected with others fuels our desire to help each other out.

Our philosophy of “learning together” is built on the principles of Feelings, Friendship, and Fairness. Growing out of these principles, the activities that we present to you in this packet support the development of crucial social-emotional skills in tangible ways. They also provide concrete connections to other people and to the community, and are oriented towards justice in ways that children can easily understand. If you want to know more about our learning philosophy, please visit [LEARN WITH US.](#)

Each Learning & Activity Packet contains arts-based projects, ideas, conversation prompts, book suggestions, and resources - all thoughtfully crafted and collected to support and extend the learning that began with Rory and our other Cozy Corner friends.

Together, we are building a learning community, so please share your input and suggestions about different activities and conversations you have about connectedness, community, and helping! We also invite you to send us photos and stories of you putting this learning into action - we would love to share them on our website! To send us your ideas and stories, please email them to [share@cozyarts.org](mailto:share@cozyarts.org)

On behalf of the Cozy Arts community, I want to thank you for joining us on this journey.

A handwritten signature in grey ink that reads "Faye Dupras".

Faye Dupras  
Founder, Artistic Director

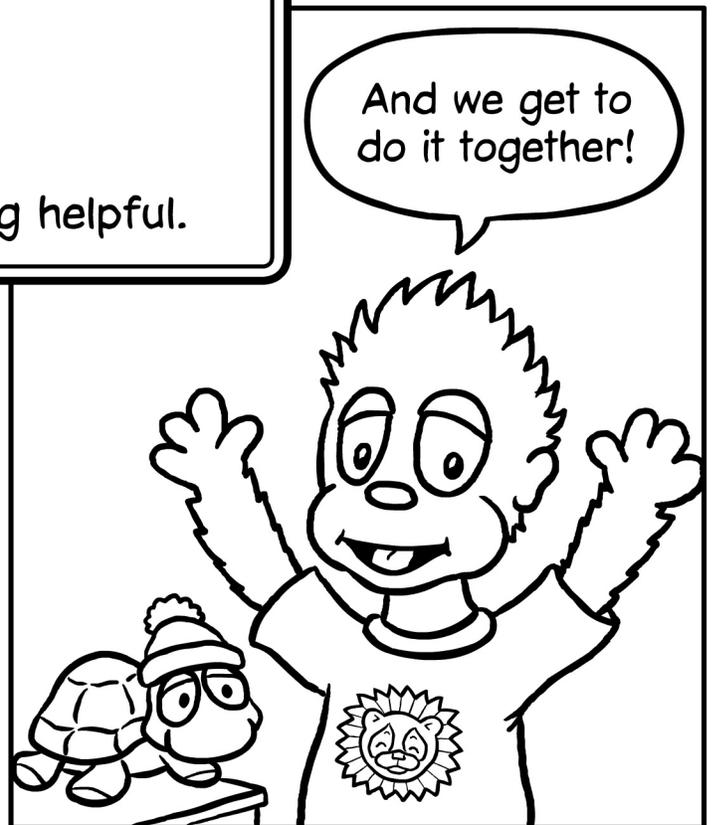
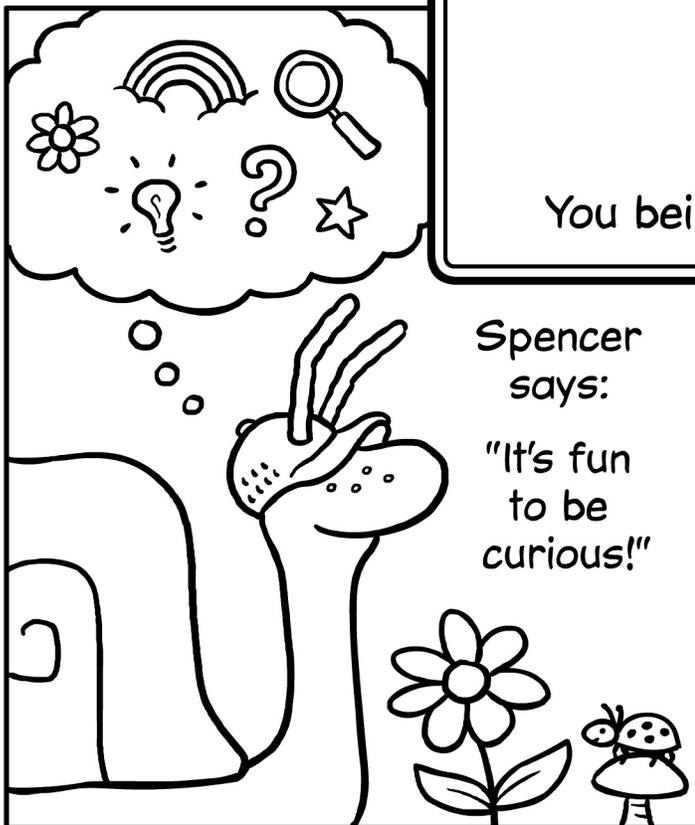
# KID'S COZY COMIC!

An interactive letter for children



Draw, write, or describe...

You being helpful.



## COZY WORDS

Cozy Corner is informed by the qualities of kindness, empathy, respect, fairness, equity, and trust. The words we use are important and shape the ways in which we behave in the world around us. Here is a list of words you will hear often in Cozy Corner, and our interpretations of them:

**LOVE** | as a core quality that inspires positive actions and attributes

**FRIENDSHIP** | an expression of love for others, an infinite resource

**CURIOSITY** | fuels learning and helps us expand beyond what we know

**GENEROSITY** | a quality of the heart that involves being present with, and open to, others

**WELCOMING** | an action of expanding our nucleus of friendship to include all peoples, both familiar and less familiar to us

**COMMUNITY** | a group of people working together towards common goals

## THEME WORDS

**CONNECTEDNESS** | “my wellbeing is connected to your wellbeing” - a healthy community requires that we are kind, generous, and attentive to each other

**HELPFULNESS** | being of service to one another

## WHAT DO YOU THINK . . .

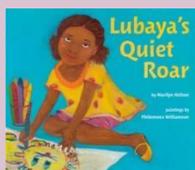
prompts for conversation, drama, and drawing

- How did Rory feel when Mr. Cuddles was lost?
- How do you feel when you lose something you love?
- How did the Cozy Corner friends help Rory?
- How does it feel to help someone? How does it feel to be helped?
- What did Rory do to feel better?
- What do you do to make yourself feel better when you are sad?
- How did Rory feel when Rory learned that everyone was helping?

[Write us a letter](#) with your questions about Cozy Corner and we will write you back!

## COZY BOOKS

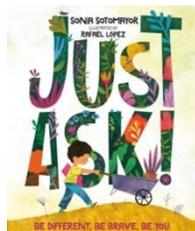
Working with a team of children's librarians, we've created lists of picture books that support and enhance each of the Cozy Corner episodes. These books represent some of the best in children's literature. Their exciting stories and beautiful illustrations provide opportunities for children and adults to share thoughts, ideas, and feelings.



### LUBAYA'S QUIET ROAR

2020  
By: Marilyn Nelson  
Illustrated by:  
Philomena Williamson  
Ages: 3 – 7

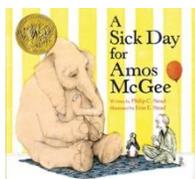
Lubaya is happiest when she draws. She creates pictures on the backs of her parents' old protest posters. When upsetting news shouts into their living room, her parents need the posters again.



### JUST ASK

2019  
By: Sonja Sotomayor  
Illustrated by: Rafael López  
Ages: 5 – 9

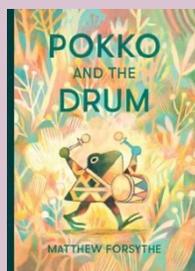
A group of children work together to plant a garden. Each child does something different to contribute to the garden, reflecting their different abilities.



### A SICK DAY FOR AMOS MCGEE

2010  
By: Philip Stead  
Illustrated by: Erin E. Stead  
Ages: 4 – 8

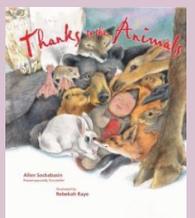
Everyday Amos McGee spends time with each of his animal friends at the zoo, running races with the tortoise, keeping the shy penguin company, and even reading bedtime stories to the owl. When Amos is too sick to make it to the zoo, his animal friends decide it's time they returned the favor.



### POKKO AND THE DRUM

2019  
Author: Matthew Forsythe  
Ages: 3 – 6

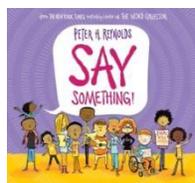
When Pokko receives a drum all conversations inside her house are drowned out by her playing. Pokko is sent outside where her playing causes a number of forest creatures to join in.



### THANKS TO THE ANIMALS

2005  
By: Allen Sockabasin  
Illustrated by: Rebekah Raye  
Ages: 3 – 7

When Little Zoo Sap's family moves from their summer home on the coast Zoo Sap falls off of the sled unnoticed. The forest animals hear his cries and circle round, keeping him warm and safe until his father comes back to find him.



### SAY SOMETHING

2019  
By: Peter Reynolds  
Illustrated by: Philomena Williamson  
Ages: 4 – 9

Reynolds explores the many ways that a single voice can make a difference. Each of us, each and every day, have the chance to say something: with our actions, our words, and our voices.

While each book has a suggested age range, we recommend that you read a book before sharing it with your family. A specific book may not be suitable for all children.

# COZY ACTIVITIES



Individual

## MAP of CONNECTIONS

In this activity, inspired by the song “We’re All Connected,” children brainstorm a list of people who they could ask for help with something, and a second list of people who could ask them for help. Children then draw or write the names of these people on a piece of paper, and connect them with lines or arrows. This activity can help us see the ways that we are connected.

## MATERIALS

Paper, Drawing/Writing Tools (at least 3 different colors)  
Listening Ears, Imagining Mind, and Connected Heart!

## INSTRUCTIONS

1. Gather your materials.
2. Watch Mr. Cuddles is Missing or listen to the song “[We’re All Connected.](#)”
3. In one corner of the paper, draw or write a list of people who **you can ask for help**. In the opposite corner of the paper, draw or write a list of people who **can ask you for help**. \*Notice if there are people who are on both lists!
4. Using the same paper, or new paper if additional space is needed, draw a picture of yourself, or write your name, in the middle of the paper.
5. Redraw or re-write the people on your lists all around your picture/name
6. Using one colour, draw lines to connect you to all the people that **you can ask for help**.
7. Using a different colour, draw lines to connect you to all the people that **can ask you for help**.

You have now mapped out some of your connections!

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Family

## STORYTELLING

In this activity, people work together to build a story. Each person takes a turn and adds to the story word by word, or sentence by sentence. You can create an adventure story, making sure to include all the people who helped along the way!

Example of collective storytelling: [Imagination Station](#)

## MATERIALS

At least one other person  
Your Imagination!

## INSTRUCTIONS

1. Find a cozy place for people to come together to tell a story.
2. Choose an order, making sure that each person is included and will get a turn.
3. In your order, each person makes up a part of the story - this can be word by word; sentence by sentence; or action by action!
4. Make sure that you are listening very carefully to each person's contributions.
5. Pay attention to the different characters in your story who help the heroes on their adventure. How and why do they help? How are they connected to each other?
6. Keep taking turns until your story or adventure is done!

## PROMPTS

You can choose to brainstorm a list of story prompts beforehand. Here are some ideas to help get you started:

- a journey to find a treasure
- searching for the most delicious pizza in town
- finding a magical book in the library
- traveling back in time to study dinosaurs

For some extra fun write them down on individual pieces of paper, fold them up, and put them in hat or box. Now close your eyes and pick one - no peeking!

After your stories are complete, you can draw the different characters or illustrate your whole adventure!

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## MEANINGFUL MESSAGE POSTERS

In this activity, you will make a poster about something that is happening that is important to you, your family, or your community. Posters can be made individually, as a family, or with your friends and neighbors. You can then put your posters up in your windows or somewhere in your community.

Recommended reading: [Lubaya's Quiet Roar](#) (2020), by Marilyn Nelson.

## MATERIALS

Paper for rough drafts and for the final posters - any size can be used  
Writing or drawing utensils, and/or paints and paintbrushes  
Ideas about issues that are important to you, to your family, and for your community

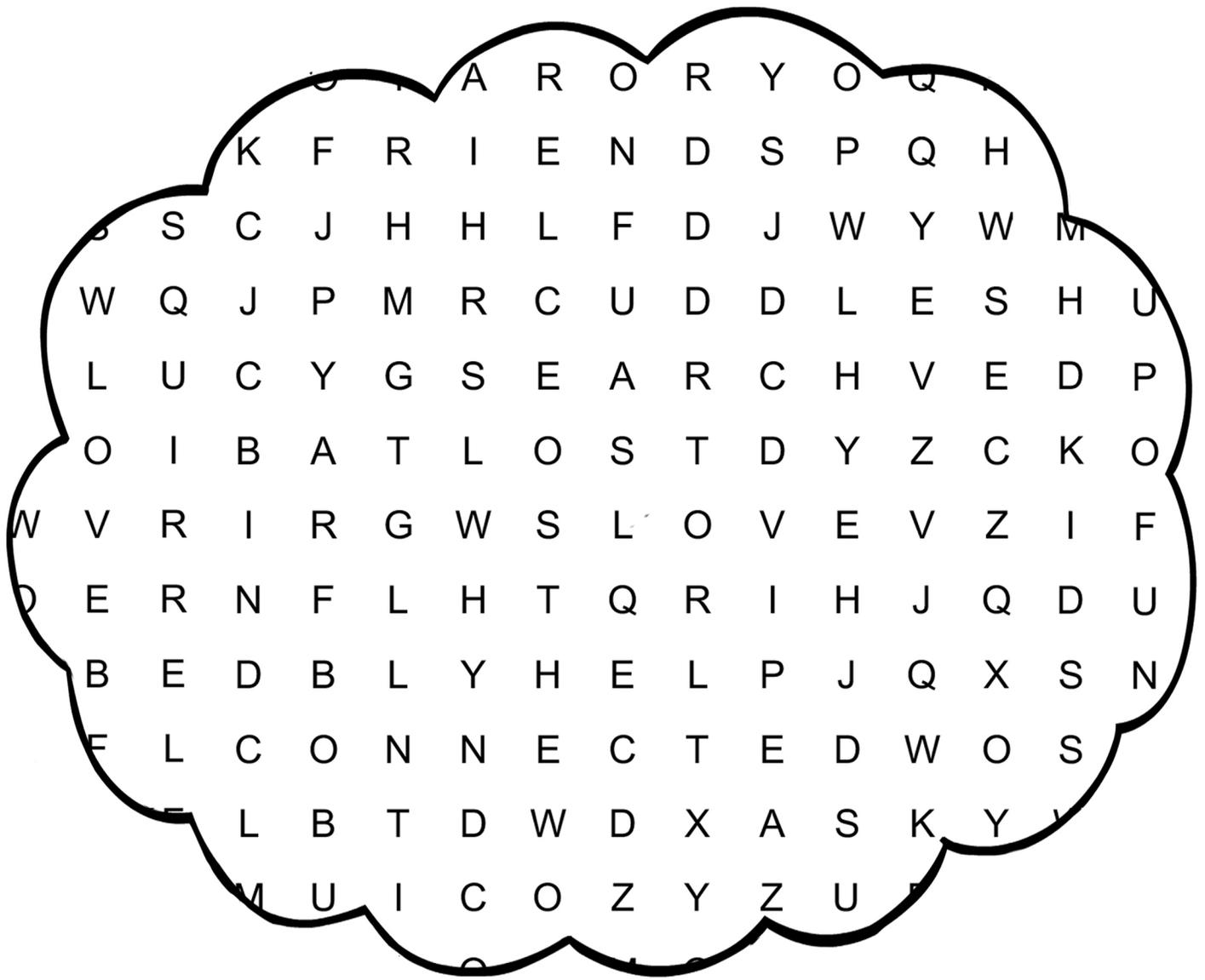
## INSTRUCTIONS

1. Decide on whether you will do this activity as individuals, as a family, or with friends and neighbors
2. Read Lubaya's *Quiet Roar* (2020), by Marilyn Nelson (see Cozy Books page)
3. Together, discuss what issues are important to your family members, your friends, and for your community. Make a list of all the important issues.
4. Select an issue for your poster(s).
5. Brainstorm words, slogans, and symbols related to the issues you have chosen, and make some rough drafts or mock-up posters.
6. Paint or draw your posters. Make them big, bold and beautiful!
7. Decide where you will hang your posters. To make these decisions, some helpful questions to ask might be:
  - a. Who is this issue important to?
  - b. Who do we want to share this message with?
  - c. Who needs to see this?
8. Hang your posters! If you put them up in the community, make sure that you ask for permission if necessary. Remember, public space is for the people!

Get your Meaningful Messages out into the world!

We look forward to seeing what you create. Remember to [share your work](#) with us!





- MR. CUDDLES
- LOST
- ASK
- HELP
- CONNECTED
- FRIENDS
- SEARCH
- LOVE