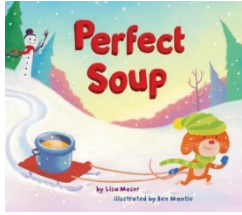




Cook Books

Recipes for adding some "spice" to your Social and Emotional teaching practices



Perfect Soup

By Lisa Moser

Random House Children's Books, 2011

Murray the mouse likes everything to be perfect. Naturally, his perfect meal on a perfect winter day is Perfect Soup. But Murray doesn't have a carrot, and Perfect Soup isn't perfect without a carrot. With the snow falling around him, Murray ventures out of his little house to track down the final ingredient for his Perfect Soup. Snowman wants to play with Murray and there's no time for playing around—Murray is in a hurry. In the end Murray has perfect soup but not for the reasons you might think.

Activities and Ideas provided by: Elaine Chasse, Pyramid 802 Plus

Vocabulary

Recipe, perfect, fancy, timber, spectacles

Emotions/Feelings Vocabulary

Grumpy, proud, defeated, grateful, hopeful

Examples of Activities that can be used while reading **Perfect Soup** and throughout the day to promote social and emotional development:

- **Discussion during and right after reading:** Ask the children what they think Snowman wants when he smiles, waves or writes hello in the snow. Bring their attention to Snowman's expression each time Murray rushes by and ask what they think he is feeling and why. Bring the children's attention to Murray each time his attempt at getting help fails and ask how they think he is feeling. Invite them to tell you what made them think Murray was feeling that way. Have the children think about a time they felt grumpy and ask what they would do if someone asked them for help when they felt grumpy. Ask the children to think about a time they helped someone and how it made them feel. How did it make the person you helped feel? In the end what made the soup perfect?
- **Make Perfect Soup:** Find a soup recipe and have the children help create a list of food items needed for the soup. Each child/family brings in one item for the soup. The children make the soup and enjoy it together. As children prepare and enjoy the soup discuss the concept of sharing. Some children may not be able to share food but they can share in prepping the meal, share ideas during the meal, and share in the responsibility of cleaning up after the meal.



- **Write an invitation:** When Snowman wanted Murray to play, he wrote a note in the snow. Have the children write/draw an invitation to a friend to join them at a favorite activity.
- **Community Service:** Explore various ways children can help others in the community. Food drives, creating feeders for the birds, picking up trash on the playground, and making cards for elders are a few ideas. Talk about how it makes them feel to help. Help children to notice the impact their help had on others.
- **Music and Movement Ideas:** Snowman tried several ways to say hello and get Murray's attention. Discuss various ways to greet someone.
 - Introduce the song, **Hello Song by Lindsay Hirata** (YouTube). After singing through a few times invite the children to share other ways to say hello that were not included in the song.
 - Introduce the song, **Will You Be a Friend of Mine by The Kiboomers**. Teach the children how to invite another to join them in the center of the circle. For example, two hands outstretched to a friend. It can vary depending on your group. Begin with one child in the circle and as the group sings the song have that child invite another friend into the circle to complete the action being sung. The song begins again and those two children invite two more friends into the circle to complete a new action. Continue the cycle until every child is in the middle.
 - **Shake the Parachute:** Invite one child on the parachute. That child invites two friends onto the parachute. Have him practice looking into their eyes, use their names, and ask them to come onto the parachute. That group sits on the parachute while the group sings and shakes the parachute. At the end of the song those children come off. Continue until every child has had an opportunity to invite or accept.
 - **Parachute Peek-a-Boo:** Tell the children they will practice looking at a friend, smiling, say their name and then hello. Choose one child to think about another child on opposite side of the parachute. Count 1-2-3, everyone raises the parachute, that child looks at the child they are thinking about, says their name, and says hello before the parachute is lowered. Or, lift the parachute and invite the group to call out greetings to anyone on the opposite side of the parachute.

Connecting with Families

To support families with this book, encourage them to read it with their children and talk about times they help one another.

Encourage families to invite a friend to join them for a meal.

Encourage families to consider ways to help others in the community. Make bird feeders to hang in the park, shovel a neighbor's driveway, rake a neighbor's leaves, volunteer at the school or childcare.