Lesson Plan

Slumberkins: Hammerhead

Story Summary
Hammerhead is full of energy and just wants to have fun at recess. But, when a classmate won’t let Hammerhead play on the swings, Hammerhead’s excitement quickly turns to anger. Follow along on Hammerhead’s journey, to see if he can make things right and turn his anger into calm. This thought provoking story helps little ones learn conflict resolution and self-regulation.

Book Information

<table>
<thead>
<tr>
<th>Run Time</th>
<th>4:58</th>
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<tbody>
<tr>
<td>Author</td>
<td>Kelly Oriard and Callie Christensen</td>
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<tr>
<td>Illustrator</td>
<td>Theresa Thomson</td>
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<tr>
<td>Narrator</td>
<td>Jenee Crowther, Wallace Mortimer, and Ramona Mortimer</td>
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<td>Publisher</td>
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<td>2–9</td>
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<td>Genre</td>
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<td>Text Structure</td>
<td>rhyming stanzas</td>
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<td>Themes &amp; Ideas</td>
<td>Social emotional growth; anger, calming techniques, apology, selfishness, expectations</td>
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<tr>
<td>Vocabulary</td>
<td>reef, creatures, expectations, wiggly, seagrass, jellies, kelp, narwhal, tingly, ignored</td>
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<td>Special Vocabulary</td>
<td>settle the score, make it right, make things all better</td>
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<tr>
<td>Illustrations</td>
<td>Water colored characters</td>
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Activity Ideas

Expectation List
Create a list of expectations for behavior in the classroom/family/church/in the car/at special events.

Calming Affirmation
Write a calming affirmation using the one from Slumberkins: Hammerhead as an example.

Additional activities can be found in the following pages of this document.
Hammerhead is full of energy and just wants to have fun at recess. But, when a classmate won’t let him play on the swings, Hammerhead’s excitement quickly turns to anger. Hammerhead learns how to calm down and make things right. This thought provoking story helps children learn conflict resolution and self-regulation.

Discuss the story and write your answers together.

What is *Hammerhead* about?

What are the expectations that you have as a family?

What are acceptable ways to act when you are angry?

What are some things that you can use to calm down when you are angry?

Why is it important to apologize when you hurt someone with words or actions?
Slumberkins: Hammerhead

0:15
What are expectations? What are the expectations at school?
What are the expectations at home?

1:33
How do you know when you need a break?
Share some times when you’ve needed a break.

2:31
Has anyone ever made you feel like Hammerhead feels? What happened?
Describe how you feel when you are angry. What kinds of things make you angry?
What do you do when you are angry?

3:30
Practice taking a deep breath—breathe in one time and out real long.
What are some other ways that might calm you when you are angry?

4:25
What might you say to someone after you have been angry with them to make things right? Have you ever had to do this? How did you feel?

After viewing the Book:

1. What expectations are important for your family? Why? What would happen if there were no expectations?
2. What is anger? What does anger look like? What should you do if someone is angry with you? Is anger bad? Are there good ways to express anger?
3. What are some things you can do if someone makes you angry?
4. Why is it important to make things right after you have been angry with someone?
I felt mad, now I'm calm,
I can use my words instead,
I'm sorry I hurt you,
I still want to be friends.
**Conflict Resolution Dice**

Come up with your own healthy ways to resolve the conflicts on the dice sides.

**What if someone is not sharing?**

**What if someone pushes you?**

**What if someone hurts your feelings?**

**What if you have to clean up your toys but you don’t want to?**

**What if someone is being mean to your friend?**

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**Instructions**

1. Cut the pattern out, fold on the solid lines and add glue to the angled tabs. Fold into a cube and let it dry.
2. Roll the dice.
3. Answer the question that is face up.
4. If you roll a 🌟, come up with your own situation and how to resolve it.
Hammerhead learned to take deep breaths to calm himself down when he got angry. What is something you do or can do when you get angry? Draw a picture representing a time when you were angry and finish the sentence below.

If I get angry I can ___________________________ to calm myself down.
Hammerhead Puppets

How to make a puppet

1. Draw yourself in the outline.
2. Color and cut out the puppets.
3. Glue the ends of the strips together to make a circle.
4. Place puppets on fingers and tell your own story with a puppet show.