Story Summary

Alpacas are strong and have always shown that they can carry the weight, so you don't have to do it alone. Sometimes life can be hard, fear and worries can be a heavy burden. But, Alpaca is here to help carry the load! This calming book promotes stress relief, helping little ones during times of heightened anxiety. Through Alpaca's story, children learn to articulate their feelings and share their worries with others.

Activity Ideas

Information Sharing
Research alpacas. Children can share their most favorite fact about alpacas or write a report. Make sure that using alpacas as a therapy animal is discussed.

Visualization Exercise
Ask children to write their worries on a piece of paper and drop it in a basket. Have the basket be carried away.

Creative Activity
Ask children to draw and color a picture of the special creatures that live high in the mountains. Then ask the children to trade pictures and write a story about the creatures their classmate has drawn.

Additional activities can be found in the following pages of this document.
Slumberkins: Alpaca

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What is *Alpaca* about?

Whisper one of your worries in my ear. You will then want to talk to your child about the worry.

Is there anything that stresses you everyday? How can I help calm you?

What is the difference between a small worry and a big worry? What is one of your small worries? What is one of your big worries?

What does “when times get tough” mean?

Is there something you can think of to say to yourself when you are worried or anxious that might help you deal with the situation?
Slumberkins: Alpaca

0:51 What does “when times get tough” mean?
Do you have a load the alpaca can carry?

1:33 What would you whisper in the alpaca’s ear?

2:10 What mountains do you have to climb?

3:04 Pause to repeat the words of encouragement. Repeat as often as necessary.

3:10 Where is home?

After viewing the Book:

1. What is an alpaca?
2. Take time to listen to the music used with this title. Perhaps close your eyes as you listen. How does the music make you feel? When might music be helpful to you? What other music might make you feel this way again?
3. Discuss the differences between big and small worries.
4. We all have mountains to climb. What are mountains other people you know have to climb? What are some mountains your family has to climb? How do the mountains other people have to climb affect you?
In the mountains, way up high, who can walk above the sky live special creatures.
“Alpaca is here to carry the load of worries that are heavy along the road.”

What are things that you worry about? Write them on the wispy lines and let Alpaca carry them away.

**Example:**

Will I be okay?

NAME

Share Your Worries
**Rhyming Dice**

**How to play**

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. Ask a child to roll the dice and say a word that rhymes with the word on the face of the dice.

3. If the 🌟 is rolled, it is a free choice of a word to rhyme with—either teacher or child.
Venn Diagram

How are you and Alpaca different? How are you the same?

NAME

Things I Do Well

Things Alpaca Does Well