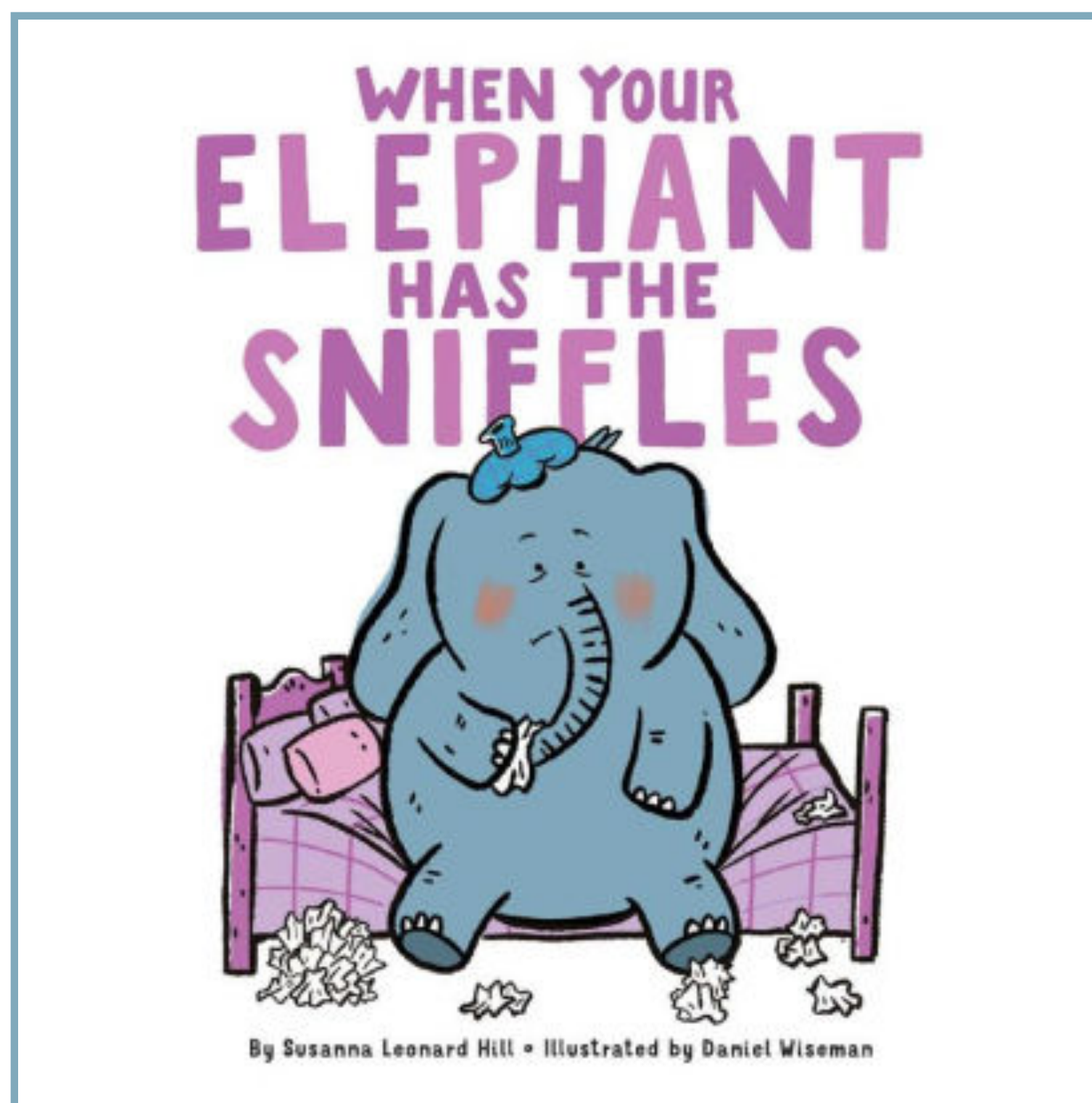


# When Your Elephant Has the Sniffles

## An Activity Guide



**How to Use This Guide:** This activity guide for *When Your Elephant Has the Sniffles* is designed for parents and caretakers of infants, toddlers, preschool, and kindergarten children. It is assumed that the parents and caretakers will adapt each activity to fit the needs and abilities of their own children.

# About the Author



Hello!

As an author and the mother of five, it will come as no surprise that the **When Your...** series was written from personal experience. Like many of you, I have one who won't bathe, one who hates haircuts (okay, more than one!) and no one likes getting the sniffles or going to bed! Surely, there is a way to get our little ones to see reason and cooperate!

With the **When Your...** series, my goal is to help put some fun into experiences that little ones sometimes find objectionable while simultaneously demonstrating strategies that parents and caregivers can use.

## How can I encourage my child to cooperate when we need to do something s/he doesn't like?

Children have very little control over daily events and routines. Giving them a choice of two options, either of which you will be happy with, allows them a small measure of empowerment.

For example: Would you like to take your bath before dinner, or after dinner?

Make it fun. Nothing makes a bath more appealing than bubbles, toys, or bath crayons. A sick day can be brightened with games and stories. Bedtime is story time and snuggle time.

Children often have fears which may seem irrational to adults. But children do not have the experience or perspective to understand things adults take for granted. Getting their hair cut, or wondering what might be in the darkness under the bed can be truly frightening. Giving your child the opportunity to "practice" something that scares her/him by trying it out on a stuffed animal, or by working up to it in small stages may help him/her conquer those fears.

For example:

**Show** – using a doll or stuffed animal, show your child each step of whatever experience or situation s/he is worried about. Then let your child practice it on the doll.

**Talk** – describe what you're doing as you're doing it so your child is prepared and understands.

**Sing** – make up silly songs or rhymes about things your child doesn't like or is afraid of so they feel more fun and less threatening.

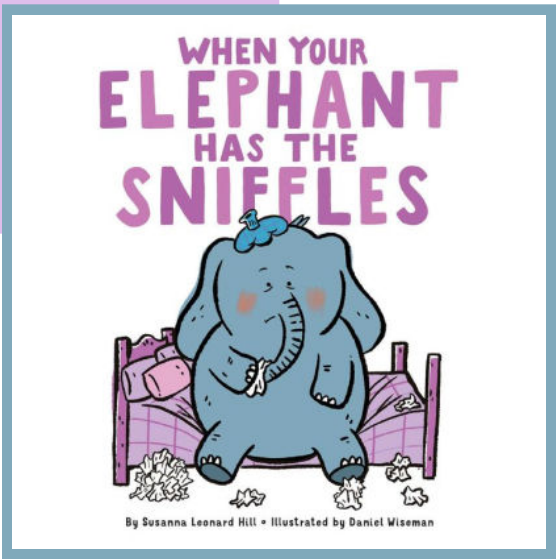
**Discuss and share** – feelings. It's okay to worry. It's okay to dislike an activity or situation. Discuss what might be done to make it better.

Most importantly, your love, support, and understanding will help them over those rough spots until they're able to navigate on their own.

**Susanna Leonard Hill, Author**  
M.A., M.Ed. Counseling Psychology



# Infant (0-1 Year)



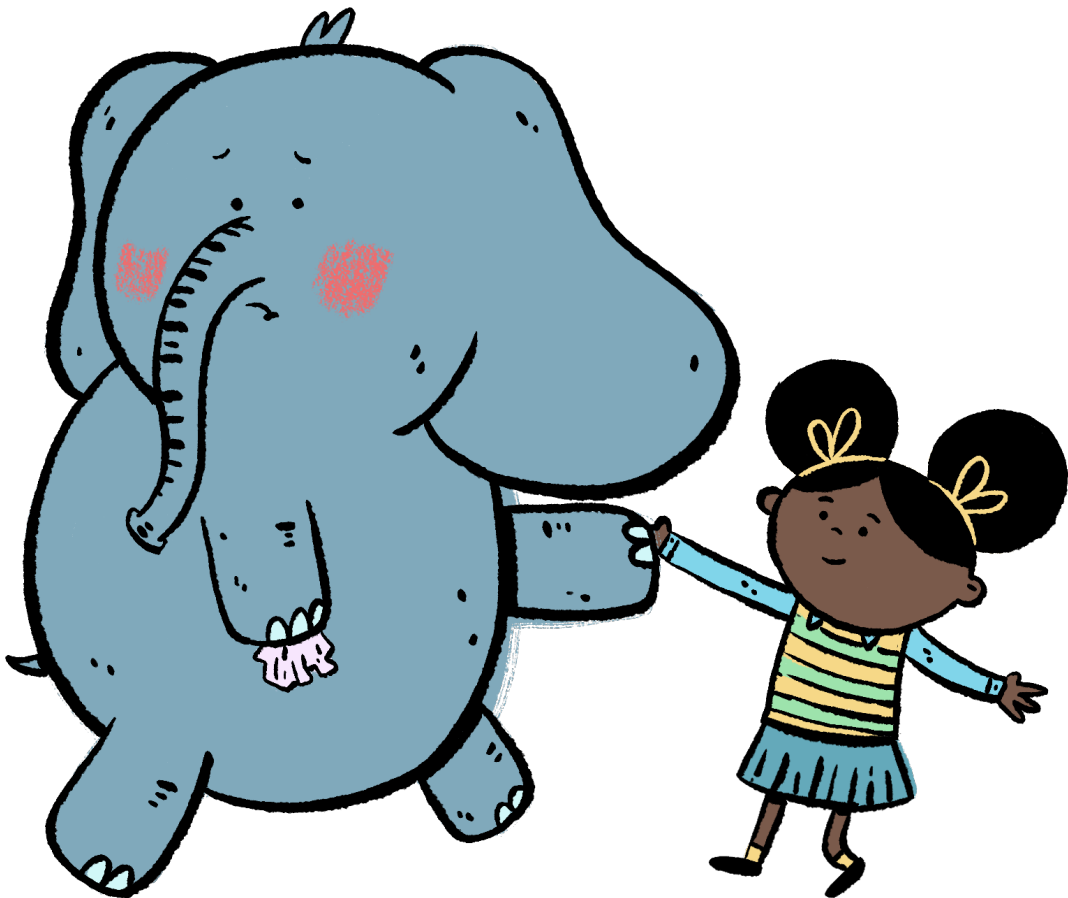
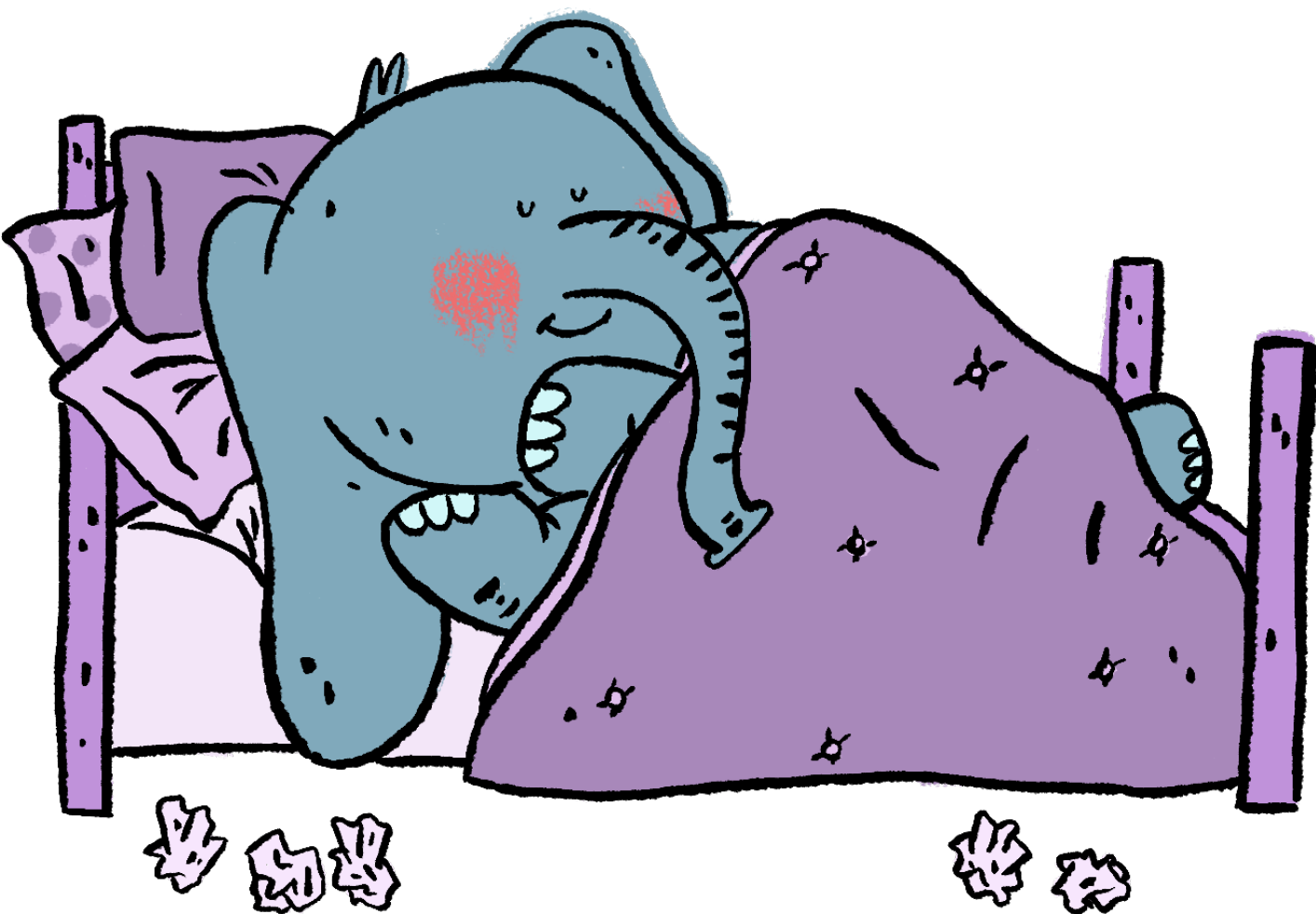
Infants love to hear your voice, and it's never too early to begin reading together! At this stage, a book is less about the story and more about the tone of your voice, the rhythm of your speech and the visual stimulation of the pictures.

## What Do We See?

Point to the illustrations on each page as you read, naming the objects and colors.

For example:

<u>Animals</u>	<u>Shapes</u>	<u>Colors</u>	<u>Objects</u>
Cat	Circle	Purple	Truck
Elephant	Square	Blue	Blocks
Lion	Triangle	Orange	Popsicle
	Rectangle	Green	Feathers
		Red	Flowers



## The Sniffle Song

Sung to the tune of "Row, Row, Row Your Boat."

Sniff, sniff, sniffle-ly—  
my elephant is sick.  
Put him into bed and then  
call the doctor quick.

Sniff, sniff, sniffle-ly—  
elephant has the flu.  
Keep him calm and care for him  
before he goes A-CHOO!

## Tissue Ta-da!

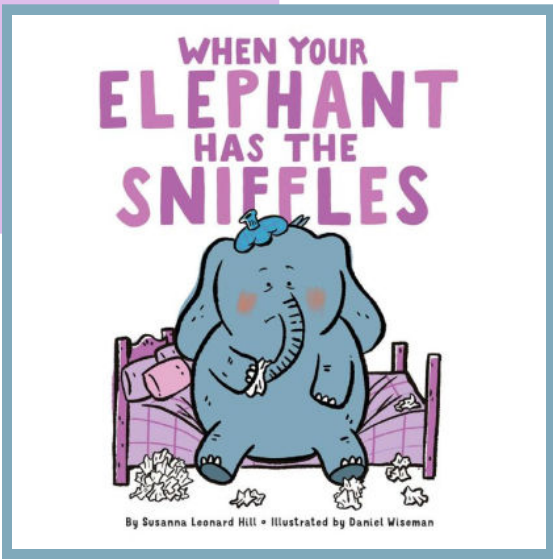
Tissue boxes feel like a fascinating magic trick to babies.

If you don't want to bother with the mess of your baby playing with a real box of tissues, decorate an empty tissue box or wipes box and fill it with fabric squares for baby to pull out one by one.

Once the tissues are all out of the box, put things into the box, shake it, and make a sound. Place items in the box to pull or pour out and the fun continues!



# Toddler (1-2 Years)

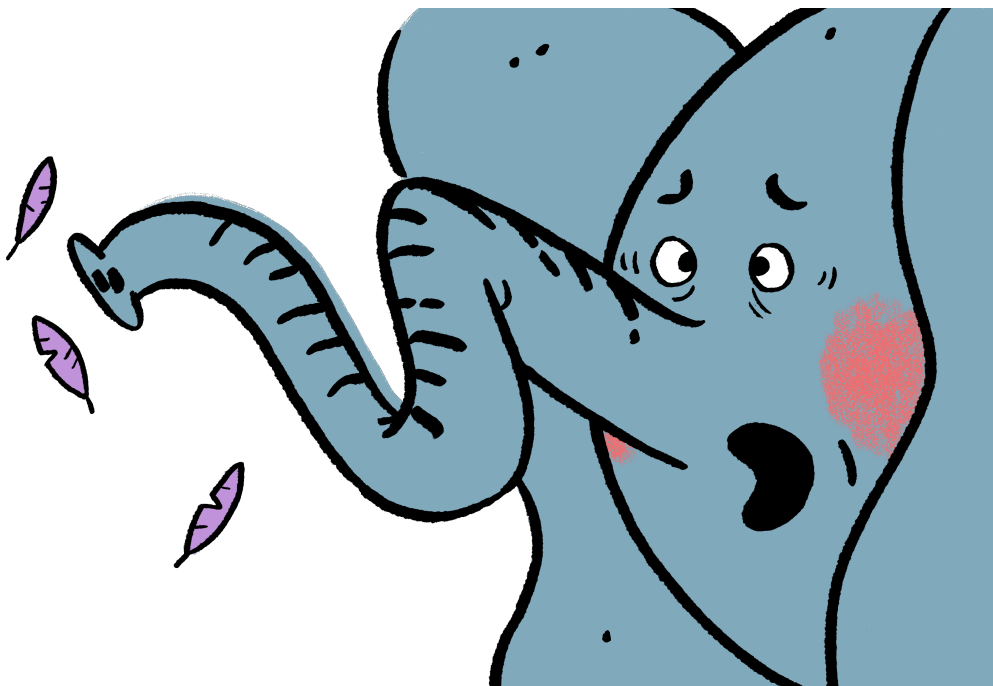


Many toddlers are ready to take a more active role in story time. They can repeat words, count along with you, and begin to identify shapes and colors.

## Reading Comprehension

As you read, ask, “Where is the...?” Your toddler can respond by pointing to the correct illustration.

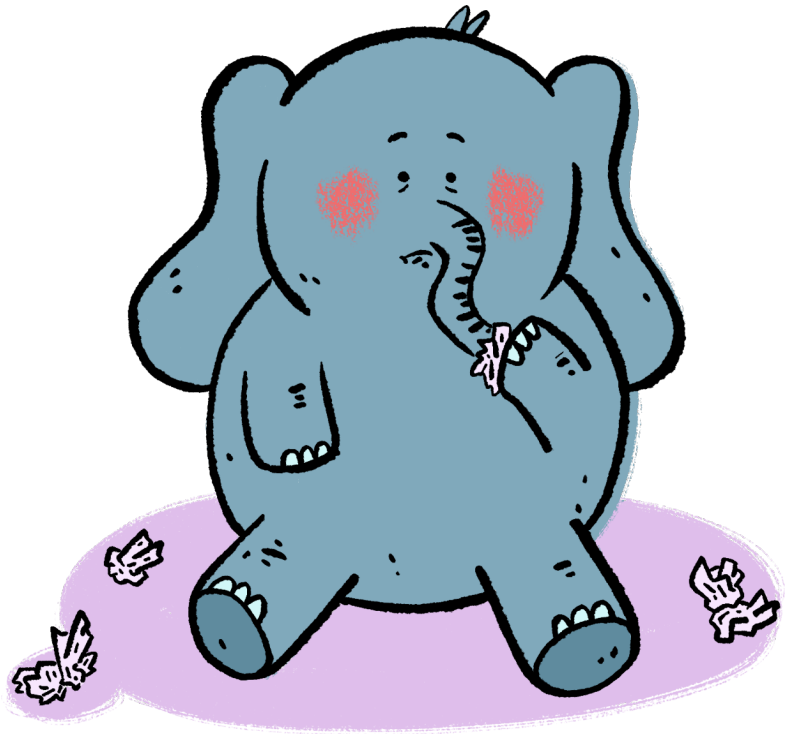
Animals	Shapes	Colors	Objects
Cat	Circle	Purple	Truck
Elephant	Square	Blue	Blocks
Lion	Triangle	Orange	Popsicle
	Rectangle	Green	Feathers
		Red	Flowers



Practice more shape and color recognition. Say, “I spy something \_\_\_\_\_” The blank can be filled with any color or shape on the page. The child can then guess what you spy.

## “Take Two of These and Call Me in the Morning”

Doctor’s orders! Create groups of two using toys and items around the house or classroom.



At playtime:	At snack time:	At bedtime:
LEGO bricks	Cheerios	Stuffed animals
Building blocks	Grapes or other berries	Socks
Small toys	Small finger foods	Books

## Act It Out!

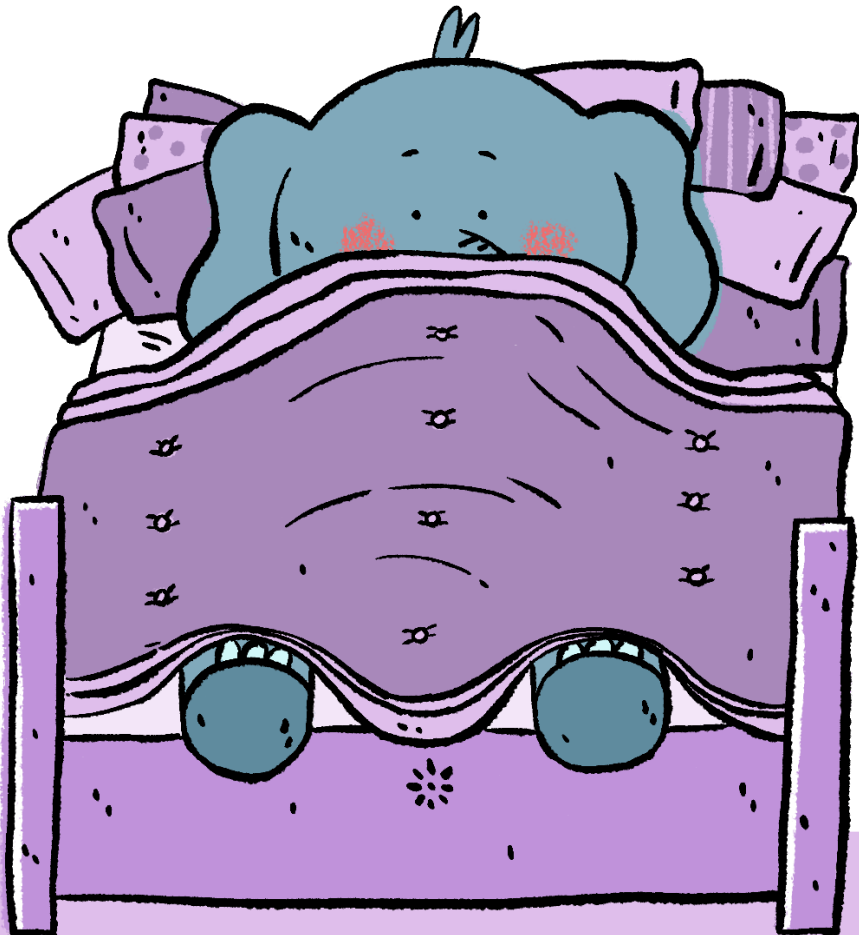
Every time you read the following “command” words, your child can perform the action.

Command	Action
Elephant	Place forearm at nose like a trunk
You	Point to themselves
Sniffles/Sneeze/Sneezing	Say “ACHOOOO!”

## Let’s Go to the Doctor

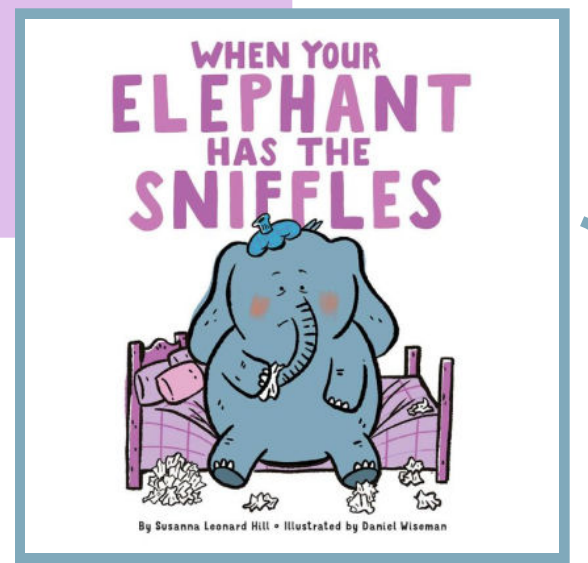
When children play at being doctor, they’re in charge. That makes it easier to manage when they have to be the patient. If your child has a play doctor’s kit, spend some time exploring the doctor’s instruments and what they are used for. Or simply look at photos of the instruments online.

Stethoscope	Tongue Depressor	Flashlight	Syringe
Bandage	Blood Pressure Cuff	Otoscope	Reflex Hammer





# Preschool/Kindergarten (3-5 Years)



## Reading Comprehension

Ask questions throughout the exploration of the book. Encourage your preschooler to help tell the story.

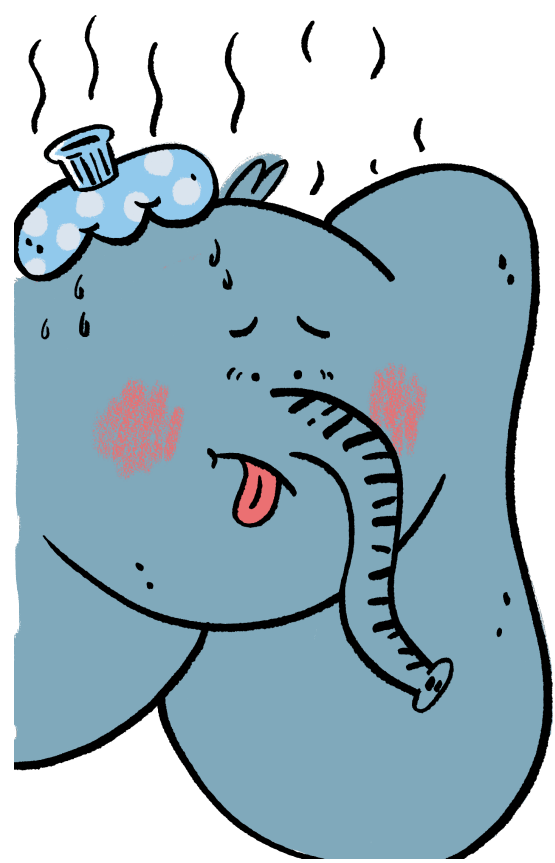
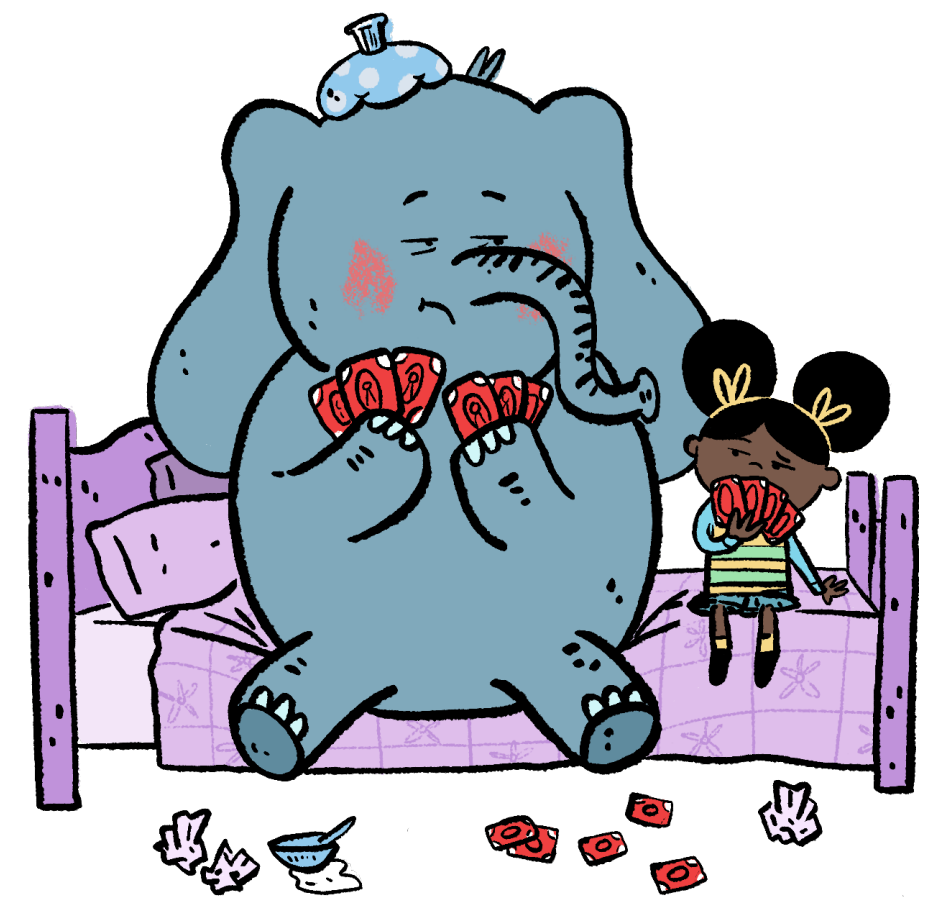
- “The elephant has the sniffles. Where in his body are the sniffles? Have you ever had the sniffles? What do you remember about having a sniffly nose?”
- “The elephant gets tucked into bed and the girl brings him another pillow, his trucks, and ice pops. What else would you want in bed with you if you weren’t feeling well?”

## When Your Elephant Has a Fever

Elephant’s cheeks are rosy.

Explain to your child that the average body temperature for humans is 98.6°F or 37°C. But, not all animals have the same body temperatures. Together, research to find out the average body temperatures of different birds and mammals.

What is the average body temperature of an elephant? A hummingbird? The results may surprise you! You may want to explore how cold-blooded animals use the environment to regulate their body temperatures.



## A Picture Walk

After reading *When Your Elephant Has the Sniffles*, encourage children to re-read the book using the pictures as clues.

Look at the cover and assist your child in describing what they see in the picture. For example, “in this picture, I see an elephant holding a tissue. The little girl is taking him to the bed.”

Now, open to the first page of the story and help your child describe what is happening on this page. Encourage speaking in full sentences and giving as many details as possible, referring to the characters, the setting, and the story events. Continue in this manner, through the rest of the book.

## Get Well Soon

When someone is sick with a cold, create a get well package. Share ways to feel better, such as getting rest and drinking plenty of fluids. Share a joke or write stories to lift the person’s spirits or even share a recipe for soup or other home remedy. Use your arts and crafts skills to design and make a beautiful Get Well card. Encourage children to be creative! If possible, deliver the get well package to the sick person.

