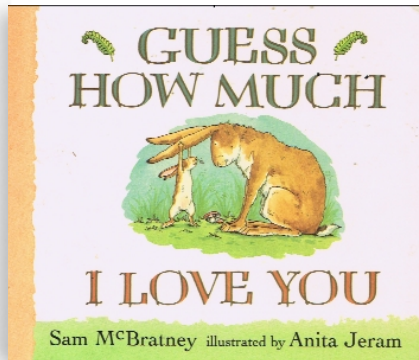


Book Nook

Using Books to Support Social Emotional Development



Guess How Much I Love You

By Sam McBratney & Illustrated by Anita Jeram
Candlewick Press, 1994

Guess How Much I Love You is a story about a young rabbit named Little Nutbrown Hare who thinks he has found a way to measure the boundaries of love. In this heartwarming story, Little Nutbrown Hare tries to prove how big his love is for Big Nutbrown Hare. Little Nutbrown Hare's feelings stretch as long as his arms, or as high as he can hop, and Big Nutbrown Hare seems to always go above and beyond with the love he has for Little Nutbrown Hare. (Ages 2-5)

Examples of activities that can be used while reading *Guess How Much I Love You* and throughout the day to expand on social and emotional concepts:

- While reading the story, pause and ask the children if they love someone in their lives as much as Little Nutbrown Hare loves Big Nutbrown Hare? Who do they love (talk about someone you love in order to give the children ideas)? Ask them to demonstrate how “big” their love is for these special people (mom, dad, grandma, grandpa) just like Little Nutbrown Hare and Big Nutbrown Hare did in the book. Is your love as long as your arms? Is it as high as the sky?
- After reading the book several times so children have the opportunity to become familiar with the story, encourage them to perform the actions as you read the book. For example, if you read that Little Nutbrown Hare is stretching his arms out, have the children stretch their arms out. You can also have the children act out the story. Let one be the moon, and ask children how far away the other child should stand (“I love you right up to the moon and back”).
- Talk about how people show their love. Have pictures from magazines that show people doing things that are loving, Show the pictures to the children and discuss what the people are doing to show their love. Ask the children if their parents or other family members do nice things to show them that they are loved? How do their friends show love? How do they show their friends they love them?
- Have the children bring pictures of their families to school. As children talk about their families, discuss different ways that they can show their family members that they love them. Make a list of all of the ideas for expressing love. Put the list on a bulletin board surrounded by the children's family pictures. After children talk about their families, teach them the following poem (put this on the class bulletin board with the list and pictures!):

*Some families are large (spread arms out wide)
Some families are small (bring arms close together)
But I love my family (cross arms over chest) best of all!*



- Teach the children a fun “I love you” song such as the *Skinnamarinki dinki dink, Skinnamarinki doo* song below. Fun “I love you” songs would also be great to use when changing infants and toddlers diapers or before naptime.

Skinnamarinki dinki dink, Skinnamarinki DOOO
I LOVE YOUUUU!
Skinnamarinki dinki dink, Skinnamarinki DOOO
I LOOOVE YOU!
I Love you in the morning and in the afternoon;
I Love you in the evening and underneath the MOOON!
Oh, Skinnamarinki dinki dink, Skinnamarinki DOOO
I LOVE YOUUUU!

Reading the same book for several days in a row is a great way to provide opportunities for infants, toddlers, and preschoolers to develop a sense of competence and confidence, which is an important part of social and emotional development. They become able to turn pages, point at and label pictures, talk about the story, predict what will happen next, learn new vocabulary words, talk about their own experiences in relation to the story and even make up their own story! Try reading *Guess How Much I Love You* for several days in a row and use some of the ideas, activities, and teaching opportunities listed below to enhance social and emotional skills.

Family

Writing Center/Art: Remind the children how Big and Little Nutbrown Hare loved each other. Provide paper in the writing center that has “I love my family because. . .” written at the top of the page (You could also cut out heart shapes and put the same heading at the top of the heart). Help each child think about what they love most about their family and then write their responses on the paper. The children can then draw a picture of themselves and their family on the paper or they can draw a picture of something they could do to show their family how much they love them. Laminate the pictures and create a class book. The children can take turns taking the book home to share with their families.

Dramatic Play: Encourage the children to pretend they are family members and show each other how much they are loved. For example, a child might pretend to be the mom and sing the *Skinnamarinki* song to their baby as they rock her to sleep or they might make pretend cookies or cook a favorite meal. Make sure to have stuffed animals available, along with the *Guess How Much I Love You* book, in case the children want to use the animals to act out the story.

Math: Ask the children if they remember how Little Nut Brown’s love stretched as long as his arms and as high as he could hop. Tell them that they can stretch their arms out as far as they can and then you will help them measure how far it is. They can also hop as high (or far) as they can and measure how high they jump. Take pictures of the children as they stretch out their arms or hop and record the measurements. After the pictures are printed, help children glue their picture to a page with “Guess How Much I Love You” at the top. Add the measurements under the pictures and then children can give their picture to someone they love!